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Fun with Good Foods



U.S. Department of Agriculture
Food and Nutrition Service
Program Aid No. 1204

1978

Fun with Good Foods



Marla Zimmerman and Martha Cashion, FNS, USDA,
had major responsibility for this publication.

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Infants, and Children.

October 1978

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Introduction

The food habits of children are important, since the foods they eat affect their growth, health, and ability to learn. Children need opportunities to learn about different foods and to learn the need for eating a well-balanced diet. The activities in "Fun With Good Foods" were developed to create an interest and eagerness for learning about foods and nutrition. As a child completes the activities, he will be learning about foods and their sources, as well as the four basic food groups recommended for a well-balanced diet.

The activities in this booklet are arranged by order of difficulty. The child should do the activities in order of presentation, since he will need to know the information presented in the earlier activities to do the later activities. Elementary school children (6-, 7-, and 8-year olds) should be able to complete the activities by themselves. However, at times some discussion and explanation may be needed. The preschool child (4- and 5-year olds) may not be able to do the activities by himself, especially the more advanced ones. In those cases, read and explain the activity to the child, but do not do it for him.

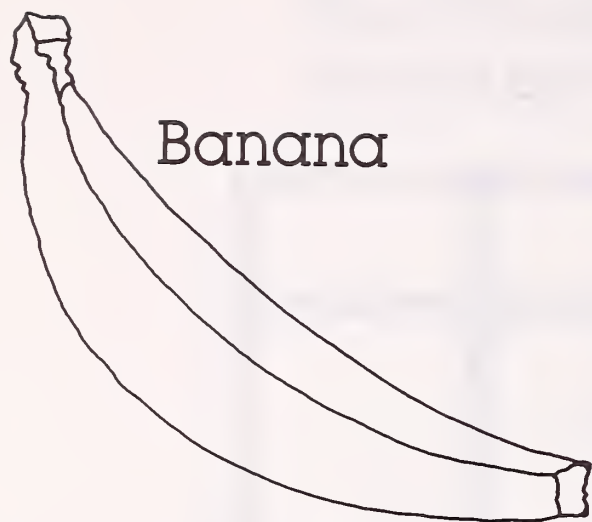
When you discuss the activities, ask the child to touch the foods as you name them, or to name the foods as you point to them. Talk about the way foods grow, how foods are made, how a food tastes, and what color or shape it has. The information a child gains by doing the activities can be enhanced by additional experiences with foods such as having tasting parties, playing food naming games, preparing different foods, growing a garden, visiting a grocery store, or taking other field trips.

Please remember that whatever a child creates is important and must be regarded with respect. Encouragement and compliments will add to the child's confidence in himself and his abilities.

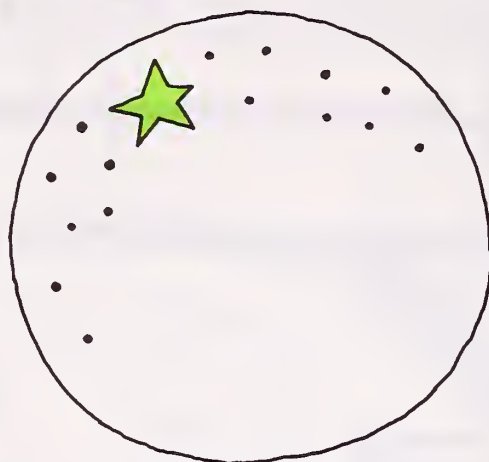
What is this a picture of?
That's right — food! Lots of kinds of food.
Foods are what we eat. Color the foods.



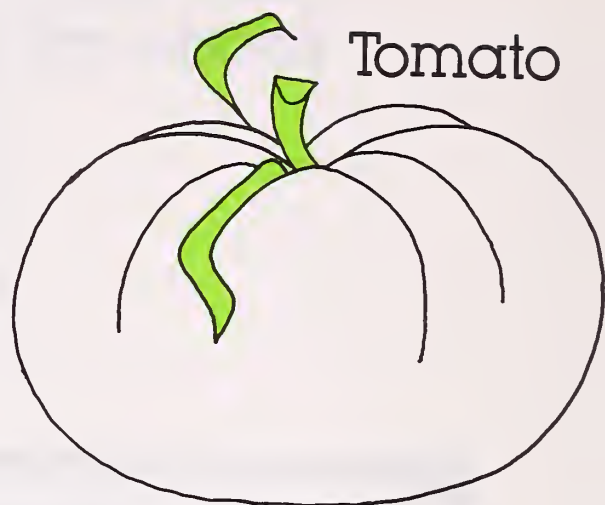
Circle all the foods you like to eat.



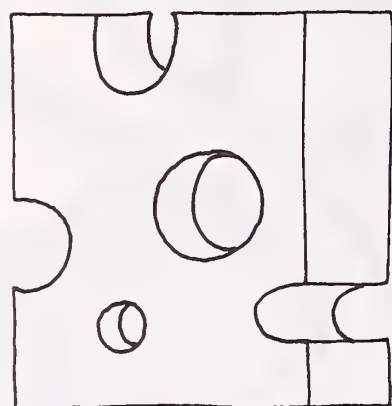
Banana



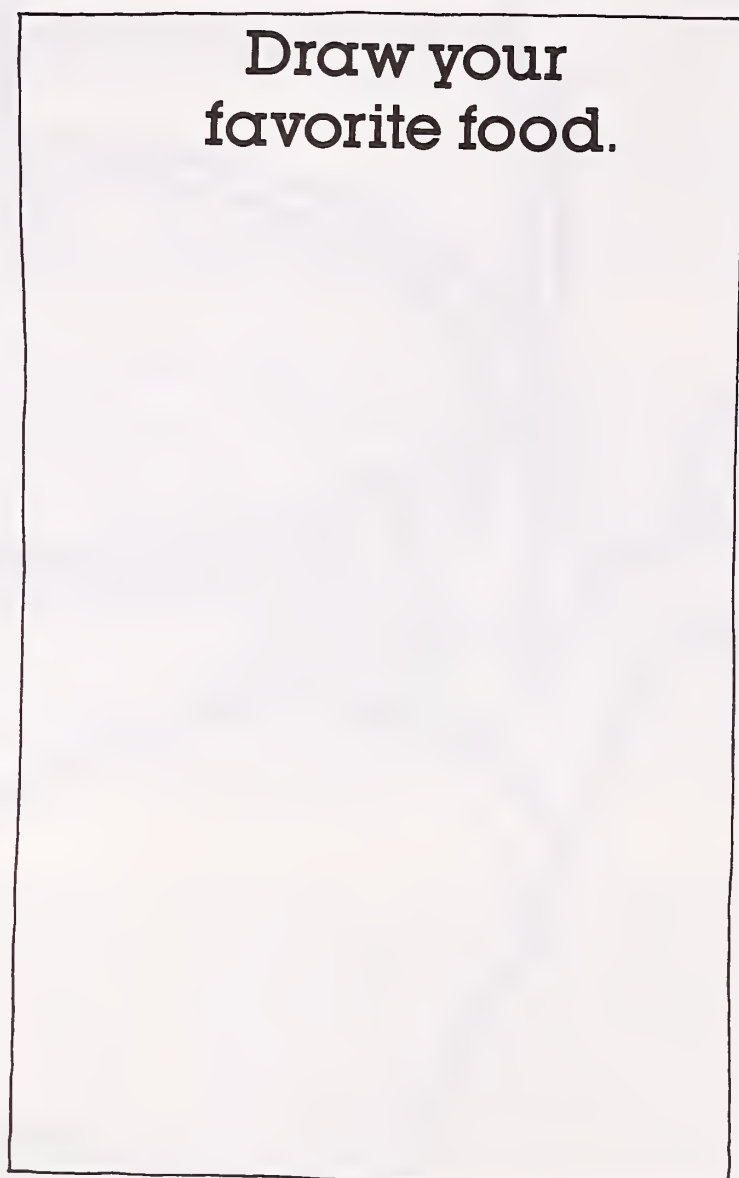
Orange



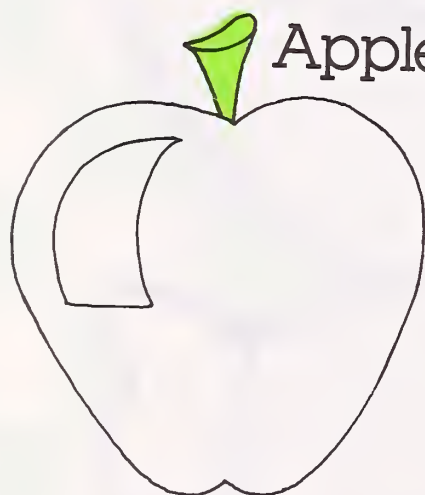
Tomato



Cheese



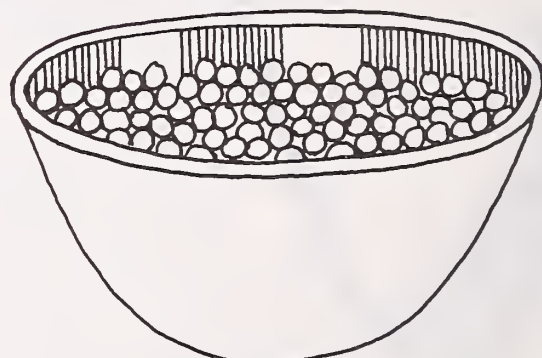
Draw your
favorite food.



Apple



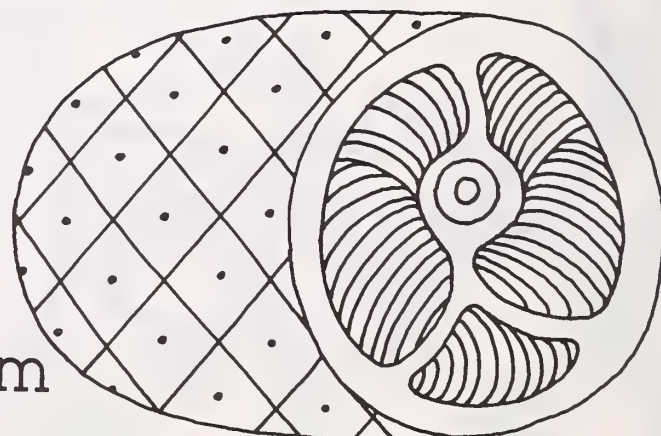
Ice Cream



Cereal



Watermelon

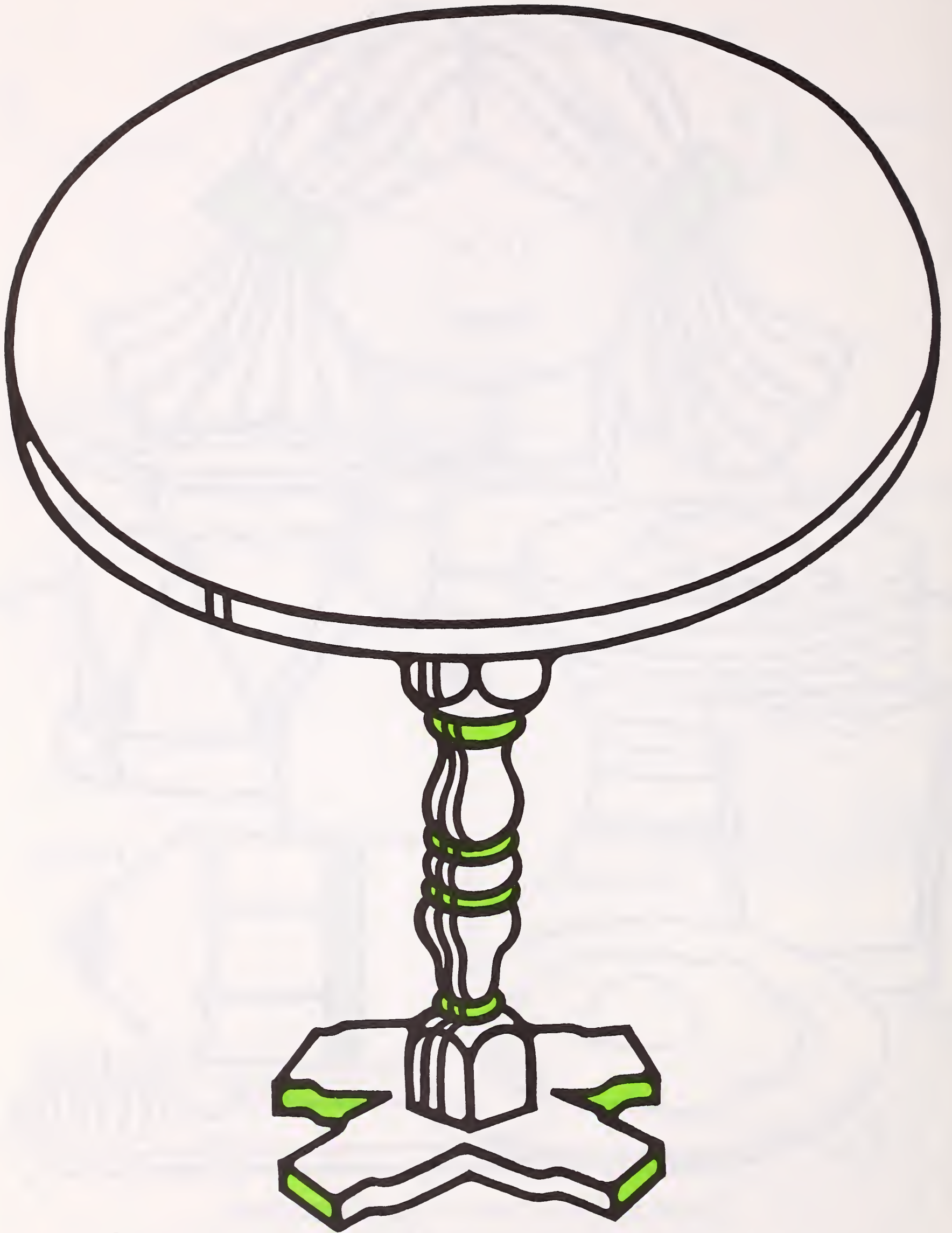


Ham



Here is Linda eating breakfast
at school.

Color Linda and the pictures of foods.



Cut out pictures of food from a magazine or newspaper and paste them on the table.

Draw a picture of these foods.

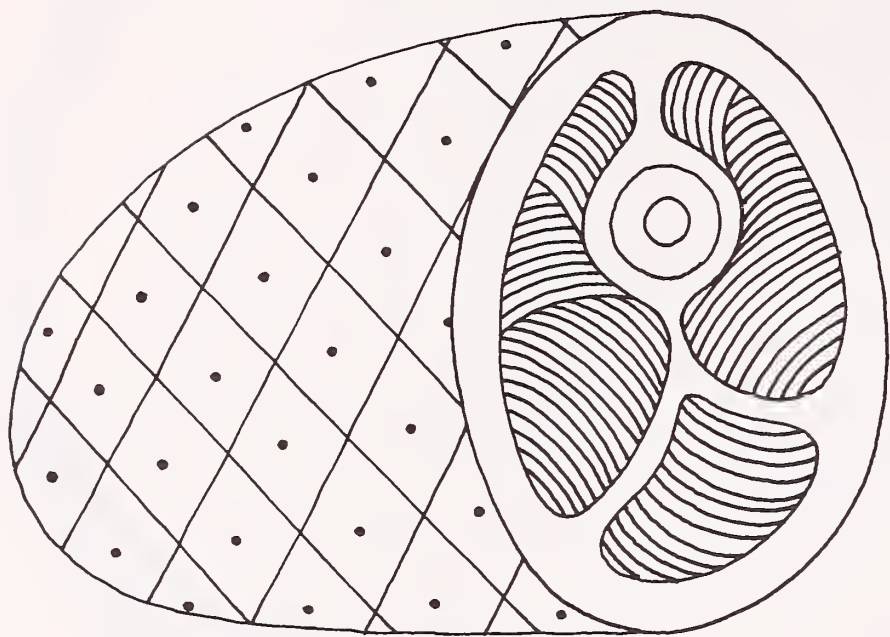
Banana

Chicken Leg

Cheese

Bread

Draw a line from each word to the
right picture.
Color the foods you like.



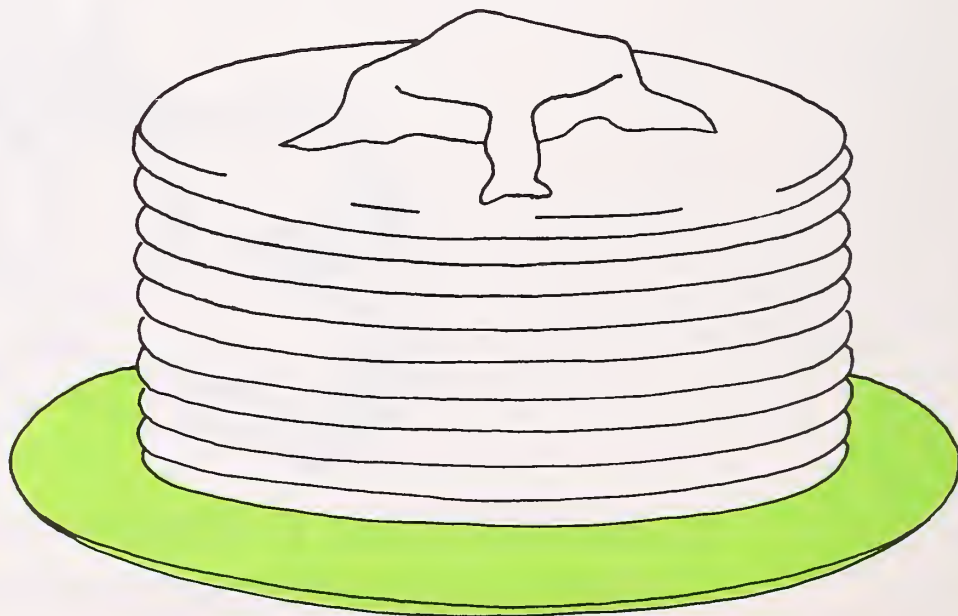
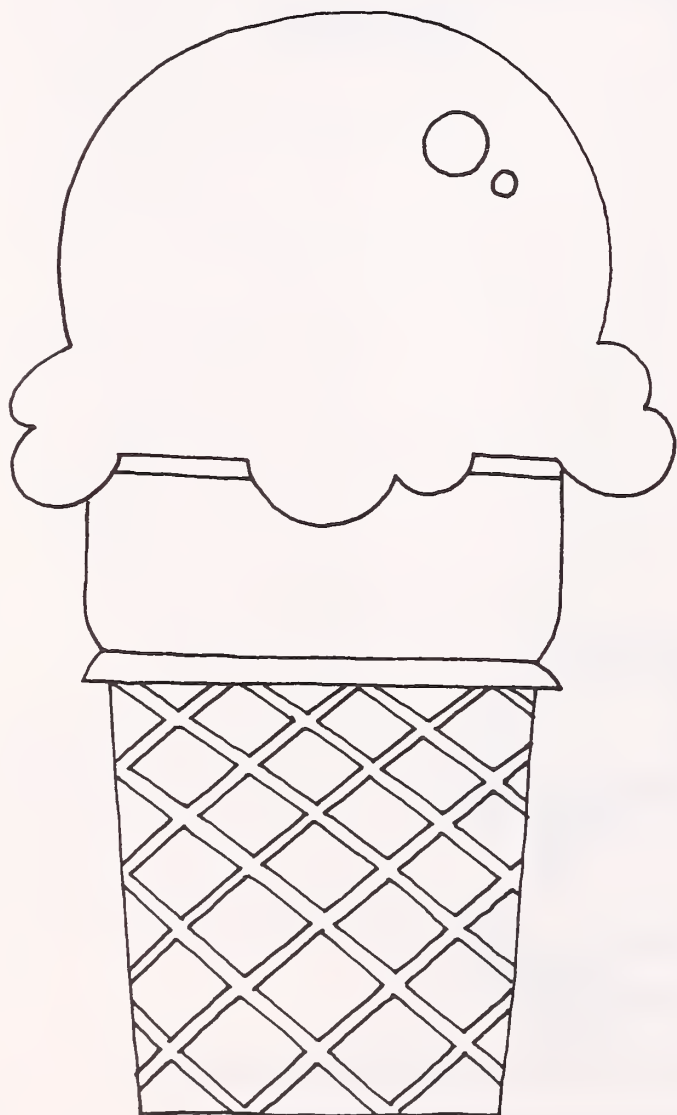
Ham

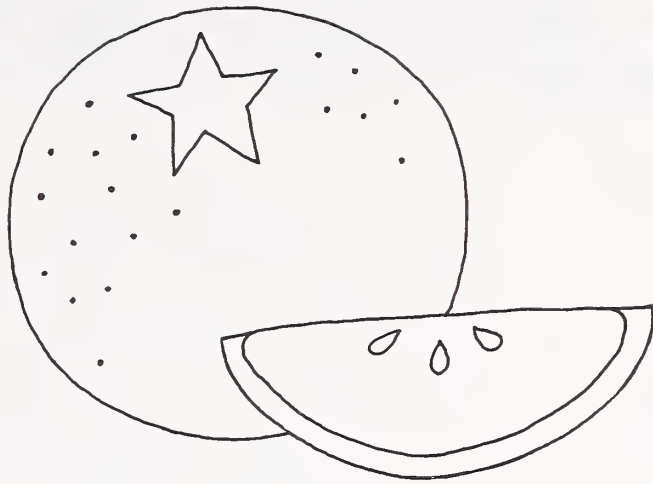


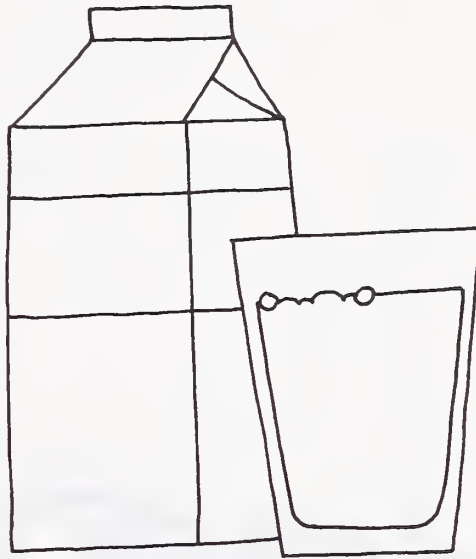
Ice Cream Cone

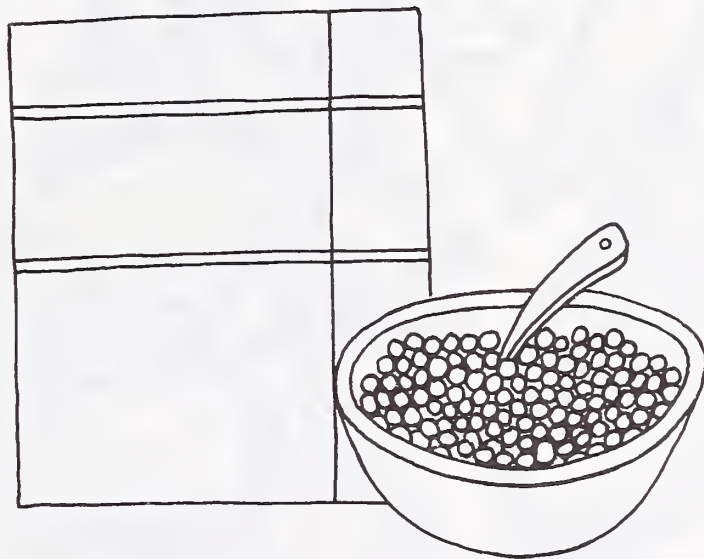
Pancakes

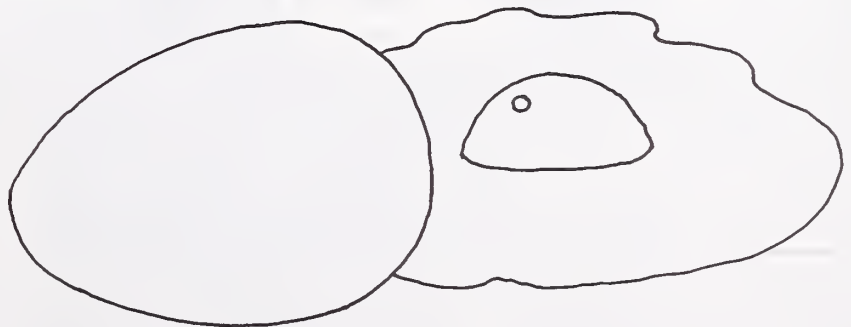
Pear











Can you name these foods?

Where do foods come from?
Many foods come from plants.



Corn and peas are seeds of plants.
Cabbage and spinach are leaves of plants.
Carrots and beets are roots of plants.



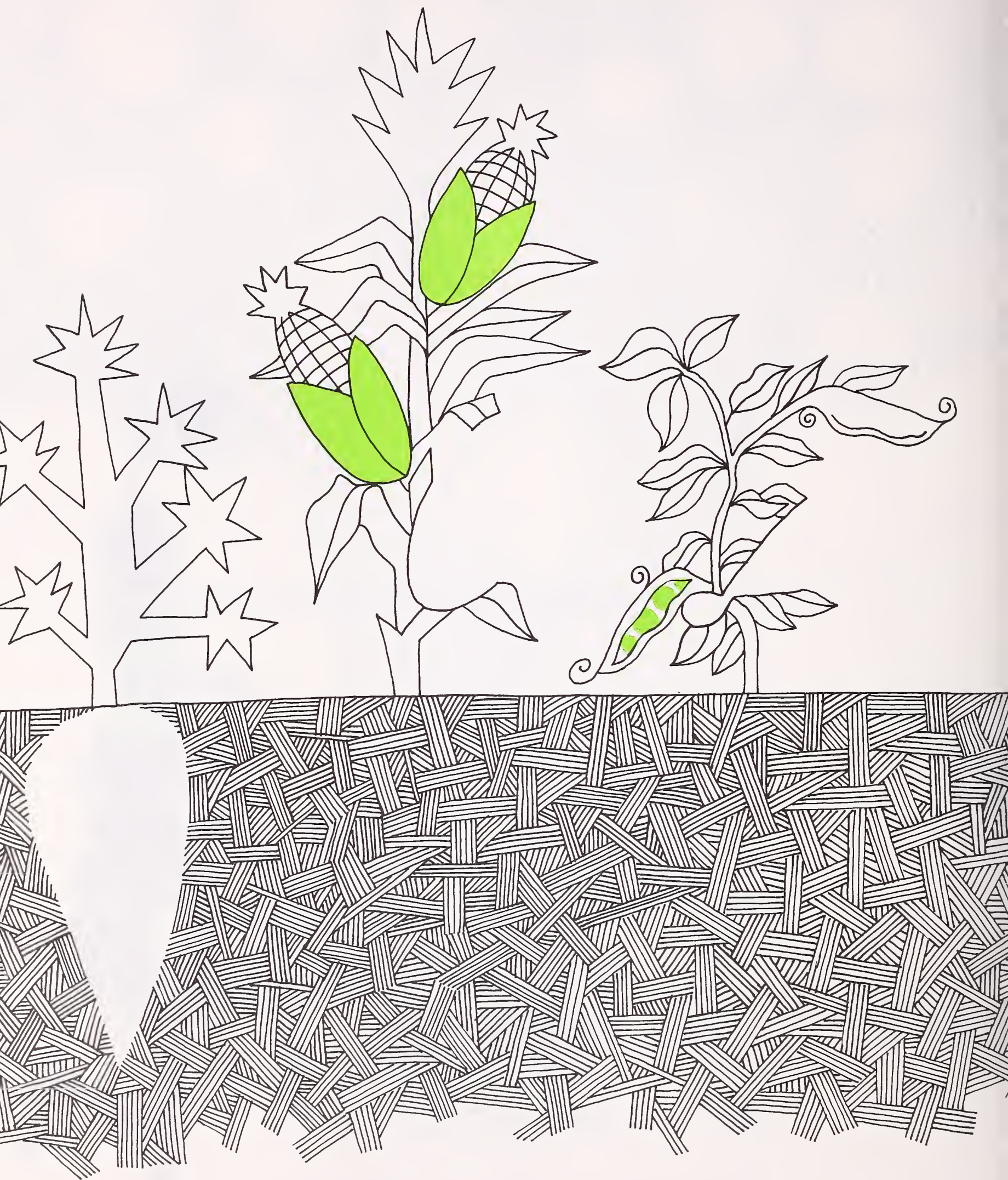
Draw a food that is the seeds of a plant.

Draw a food that is the roots of a plant.

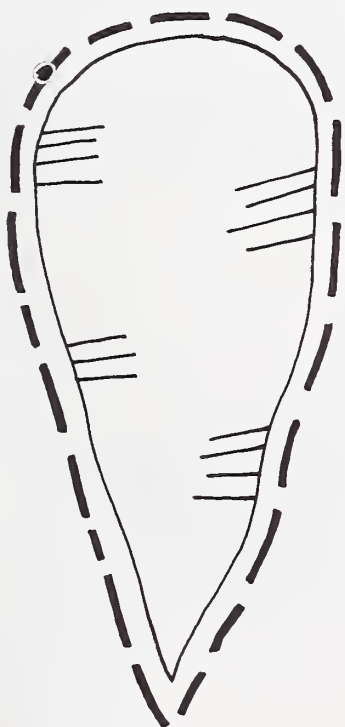


Apples grow on an apple tree.
Draw more apples for Johnny to pick.

Make a garden...



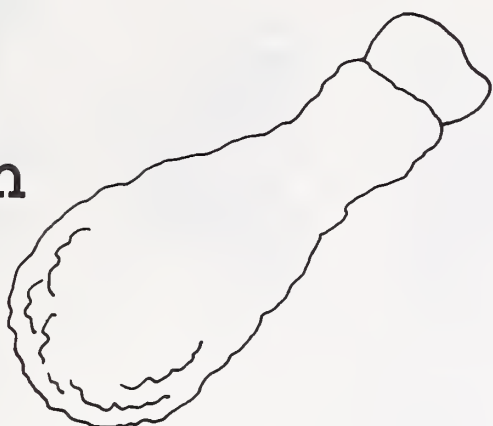
1. Cut out the carrot, corn, and peas and their signs.
2. Paste the vegetables on the plants in the garden on page 14.
3. Paste the signs next to the right plant.



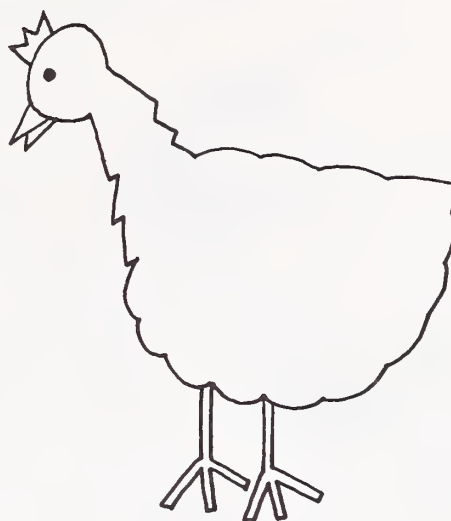
THE UNIVERSITY OF CHICAGO
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Many foods come from animals.

Chicken
leg

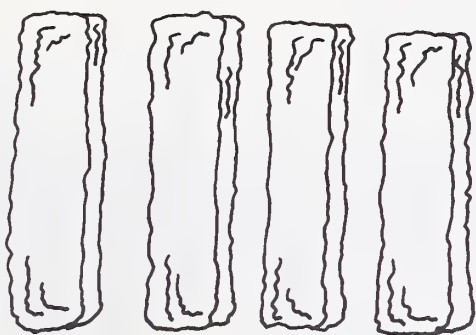


from

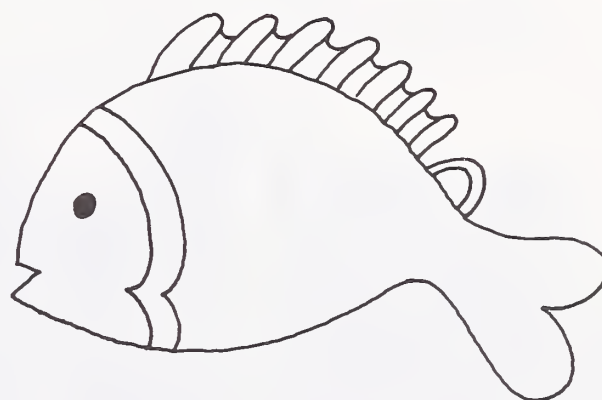


chicken

Fish
sticks

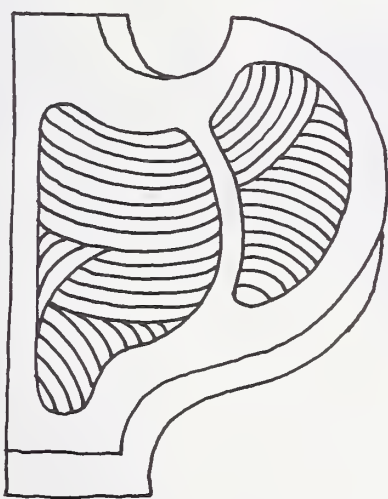


from

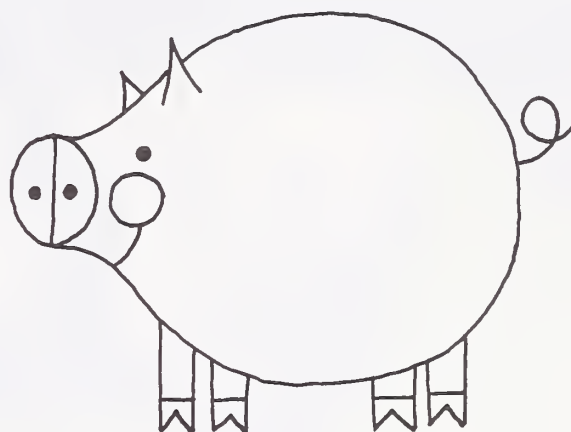


fish

Pork
chop



from

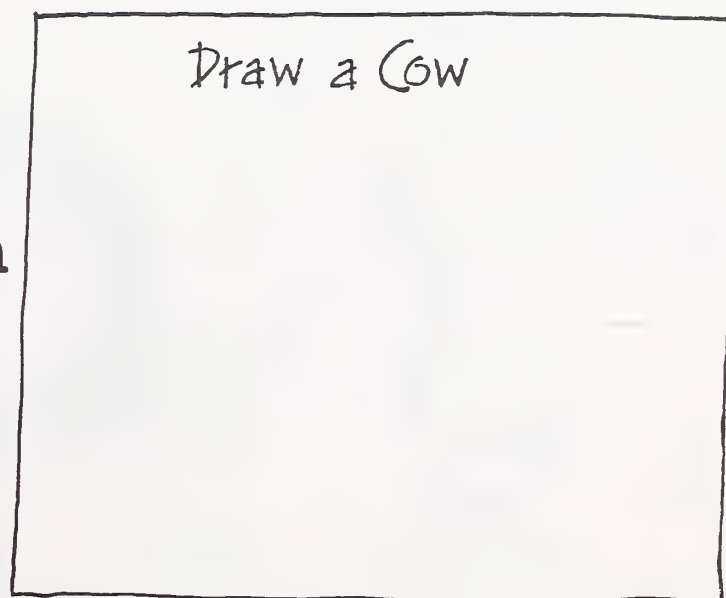


pig

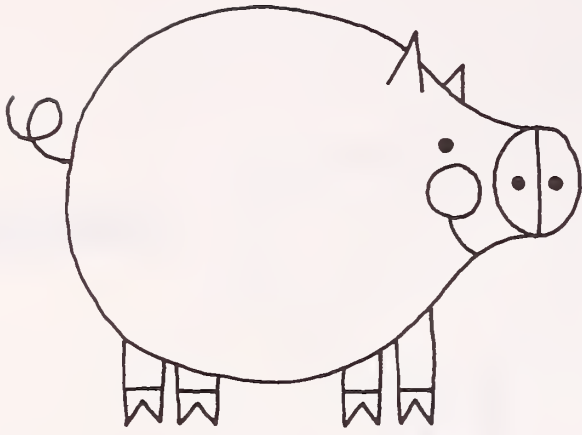
Milk



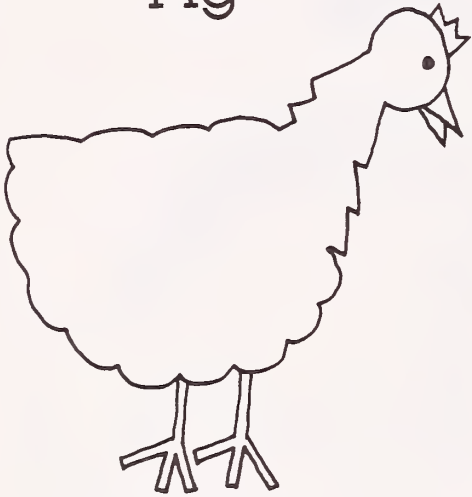
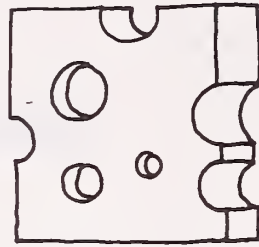
from



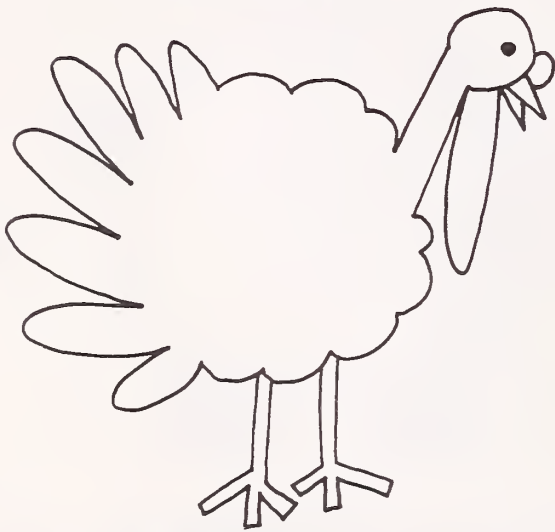
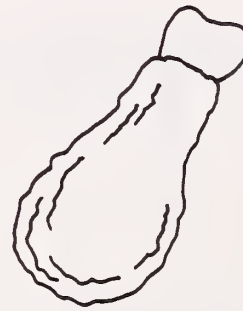
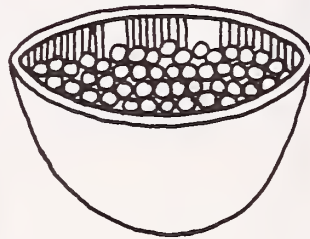
Circle the foods that come from these animals.



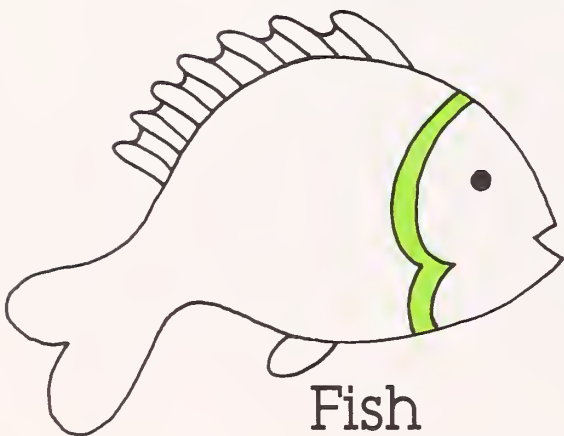
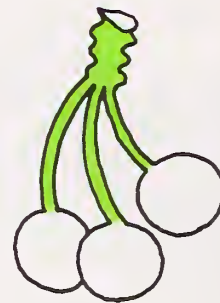
Pig



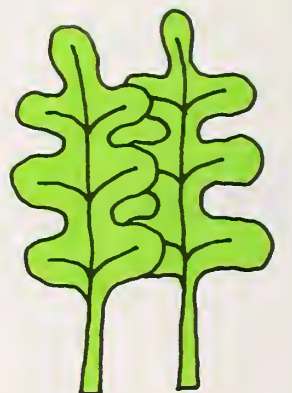
Chicken



Turkey



Fish



This cow makes enough milk
in 1 year to fill this truck.



This is the way milk comes from a cow
to you.



Farm



Your Home

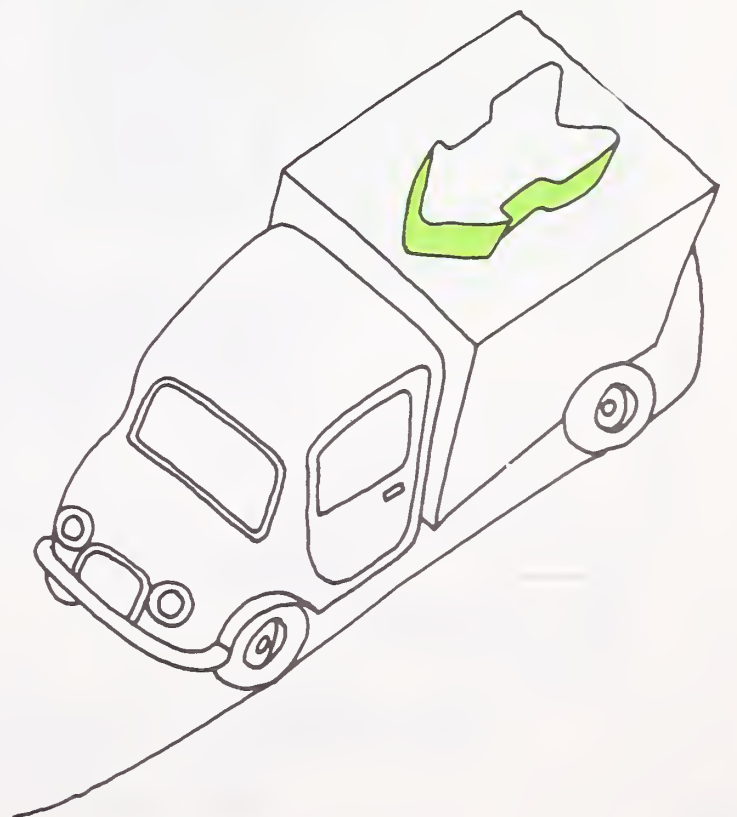




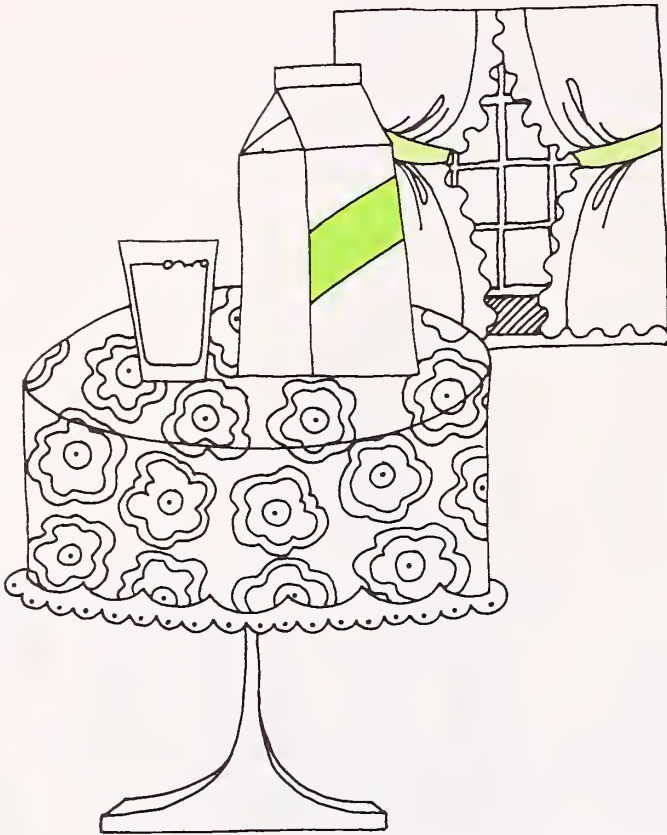
Dairy



Store



How does it happen?
Number the pictures 1, 2, 3, 4.



____ Your Home



____ Dairy



____ / Farm



____ Store

Good foods help you run, jump and play.
There are **four groups** of good foods.



To grow strong and healthy, eat foods from
each group every day. The next
pages will tell you more about these groups.

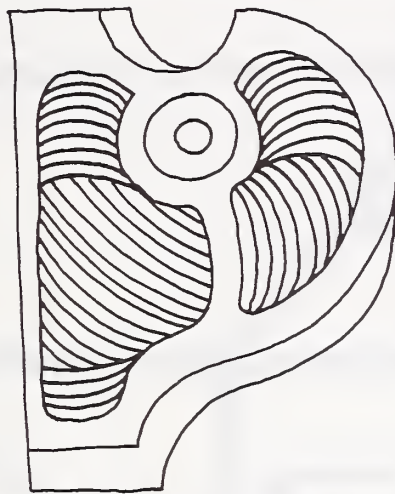
All these foods belong to the **Meat Group**.
They help you grow and build muscles.



Circle all the foods in the **Meat Group**.



Pear



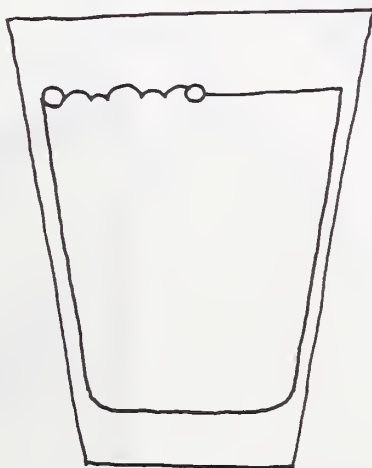
Pork Chop



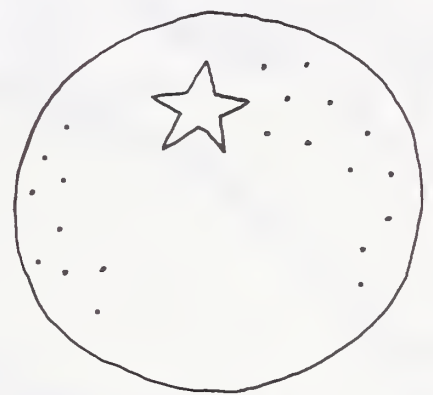
Peanut Butter



Chicken Leg



Milk

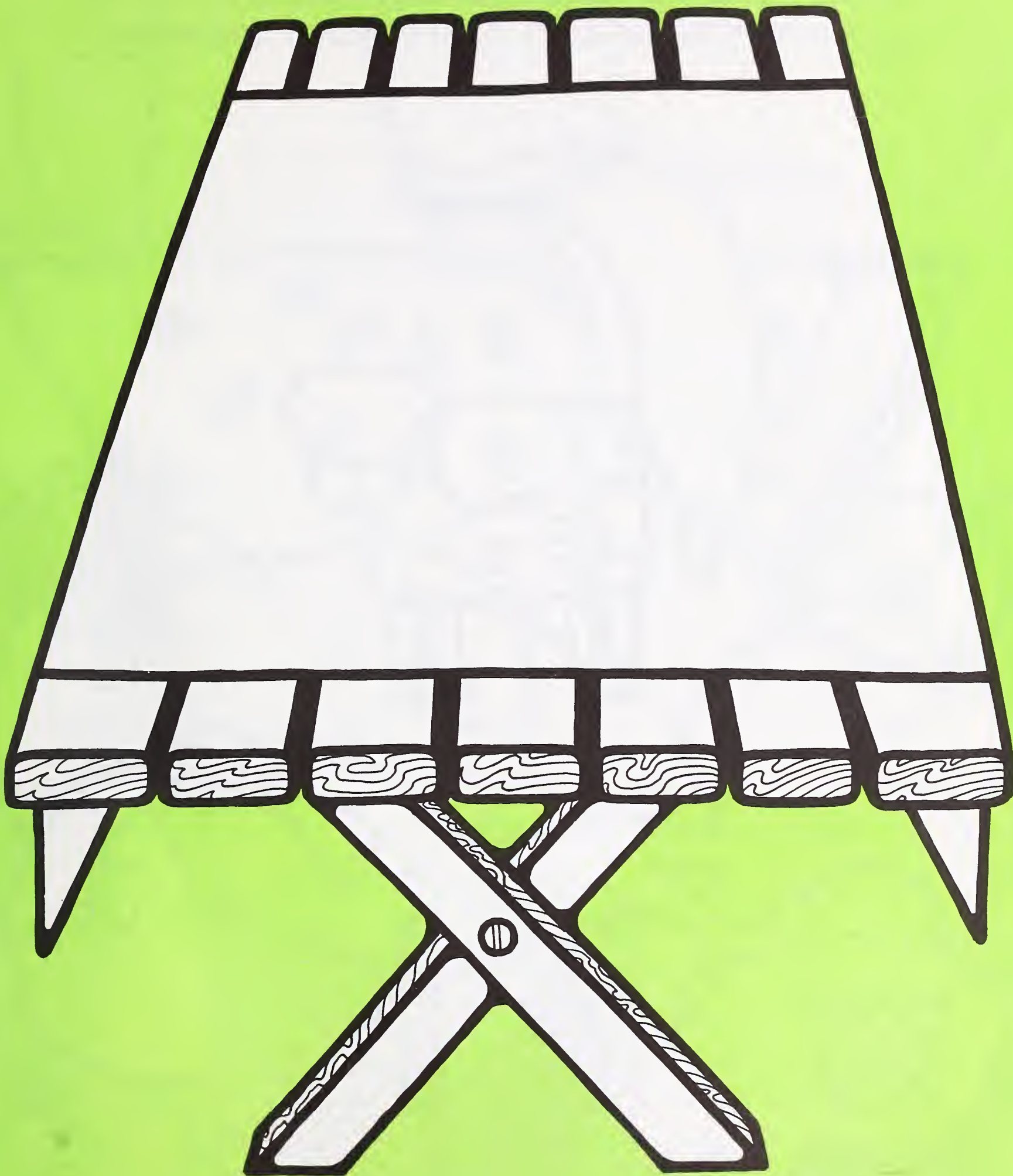


Orange

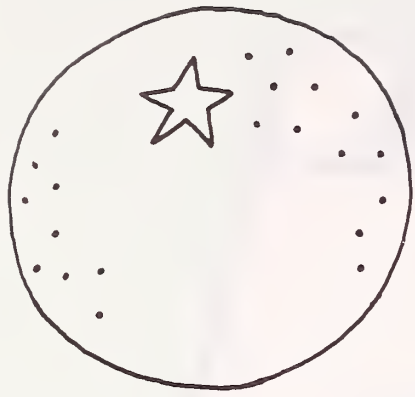
How many did you circle? _____

The **Milk Group** helps build strong bones and teeth.

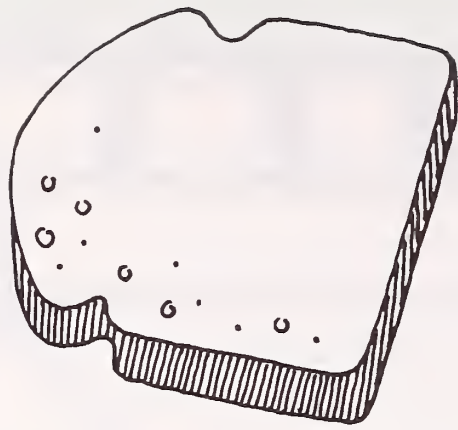




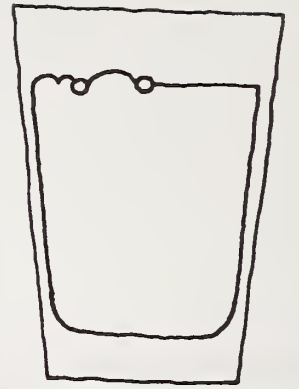
Draw your favorite foods in the
Milk Group.
How many did you draw? ____



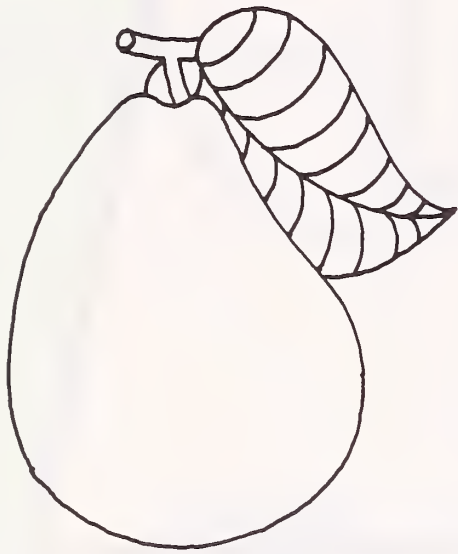
Orange



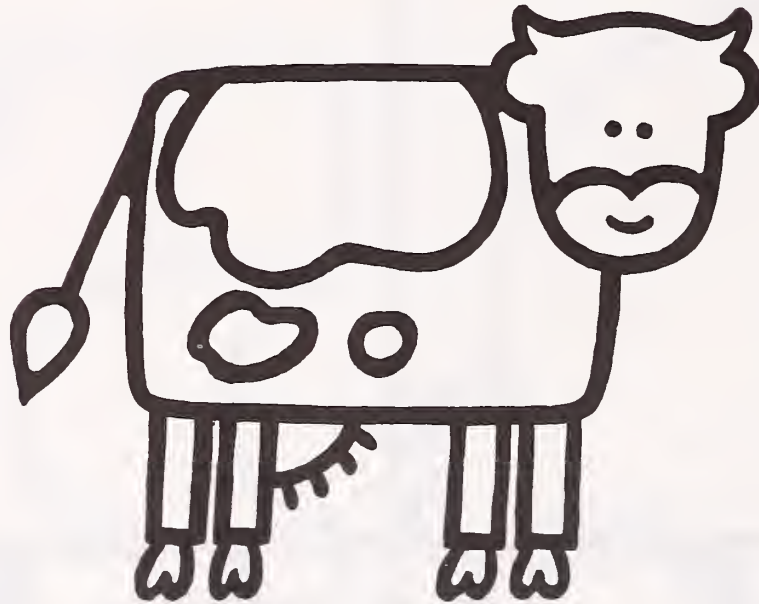
Bread



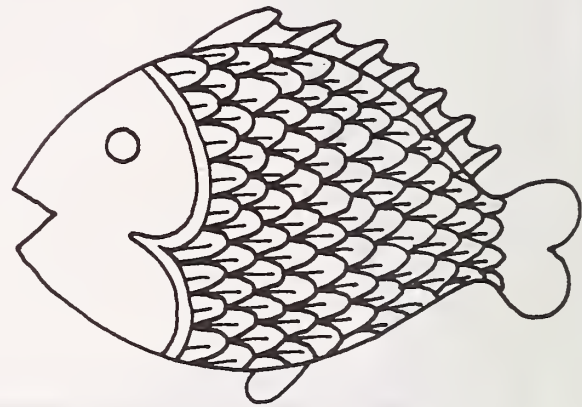
Milk



Pear



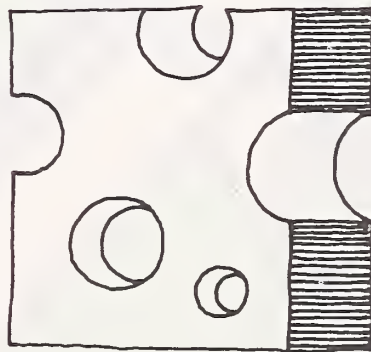
Cow



Fish



Ice Cream



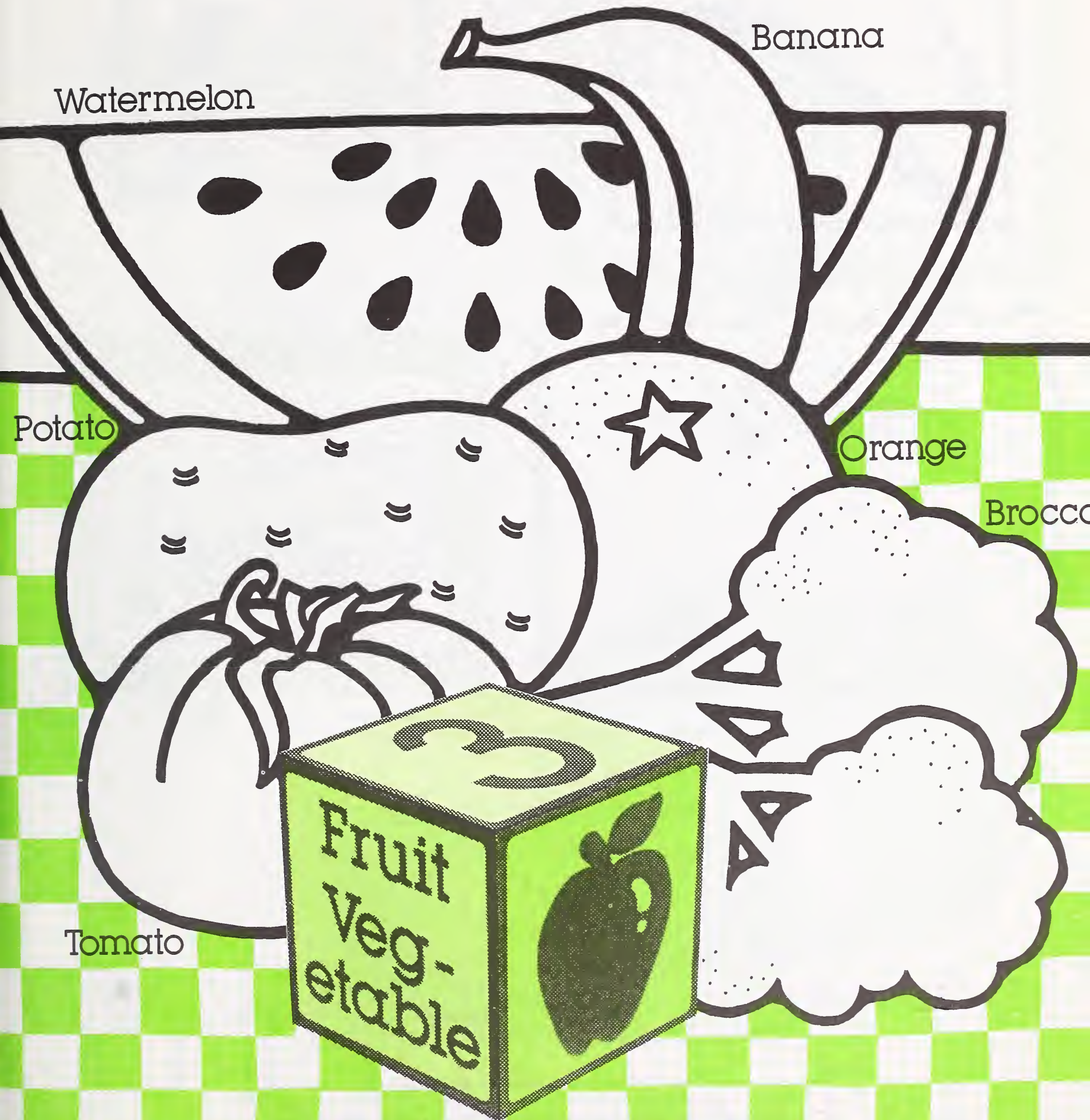
Cheese

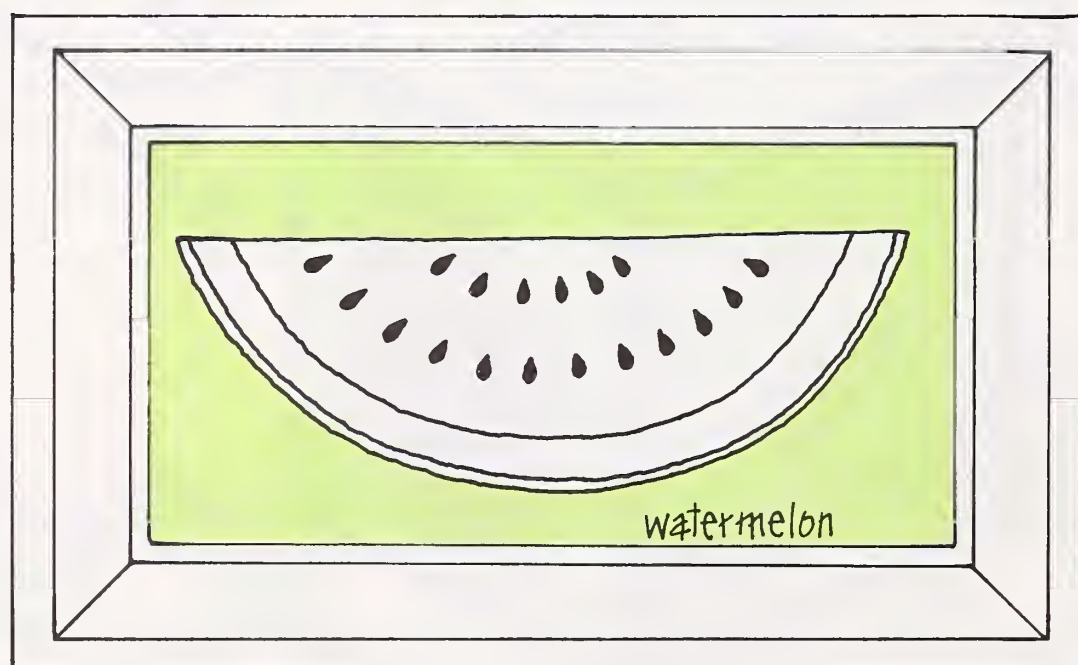
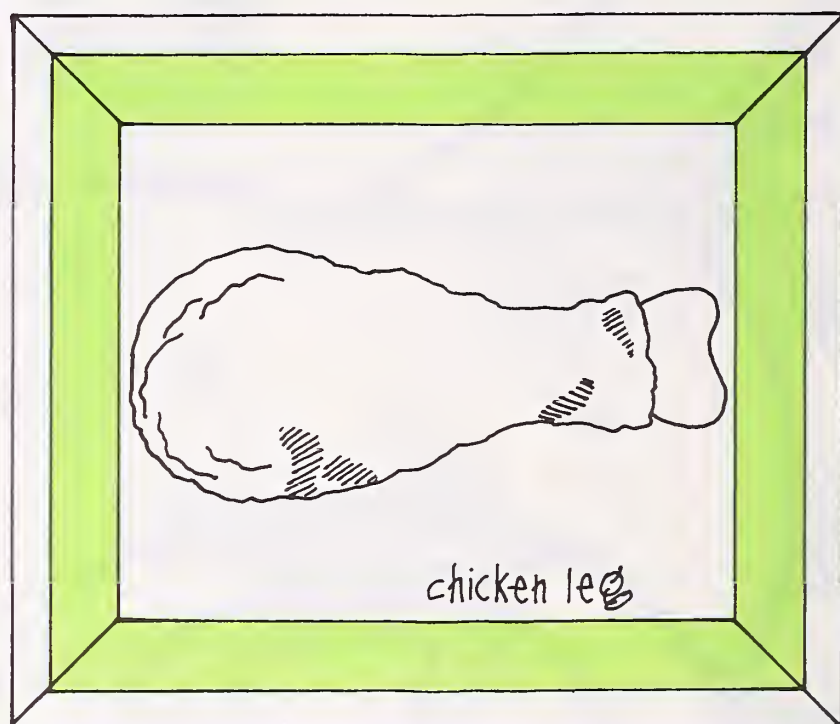
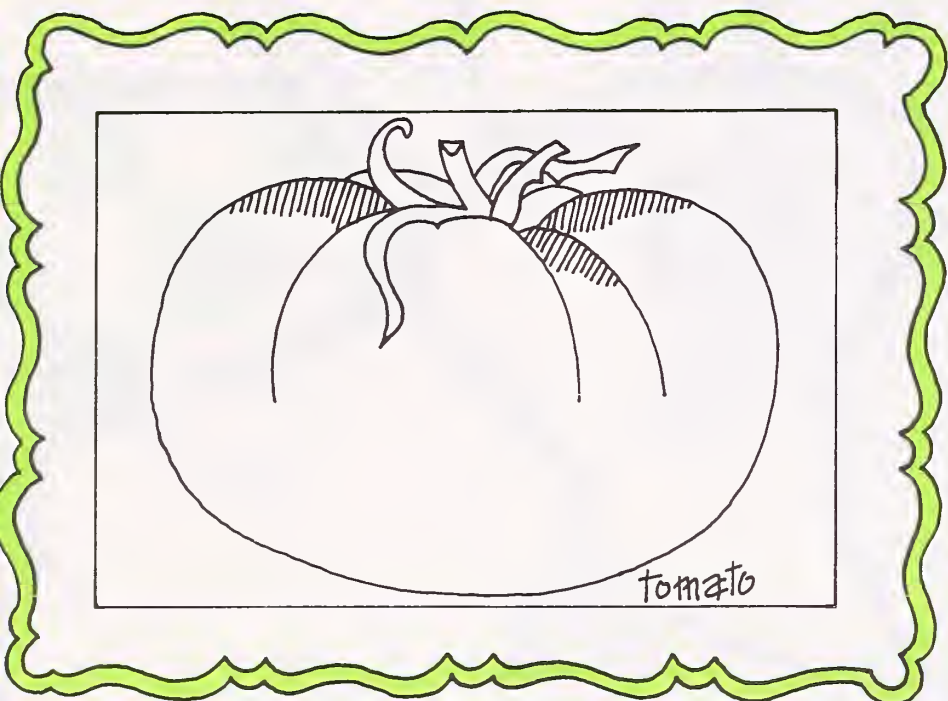
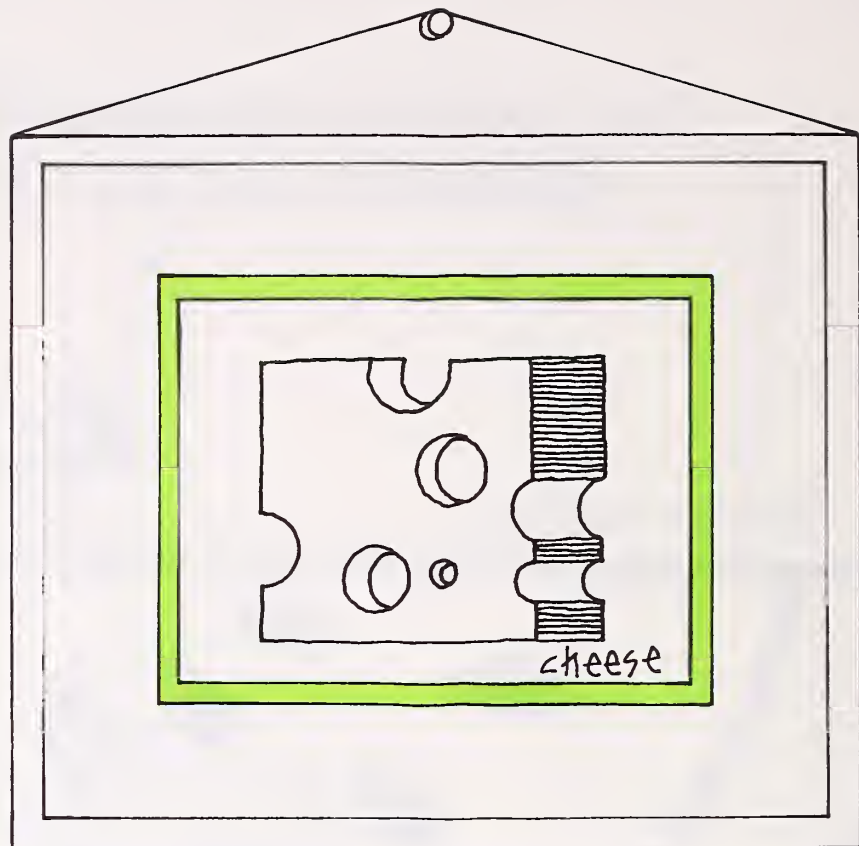
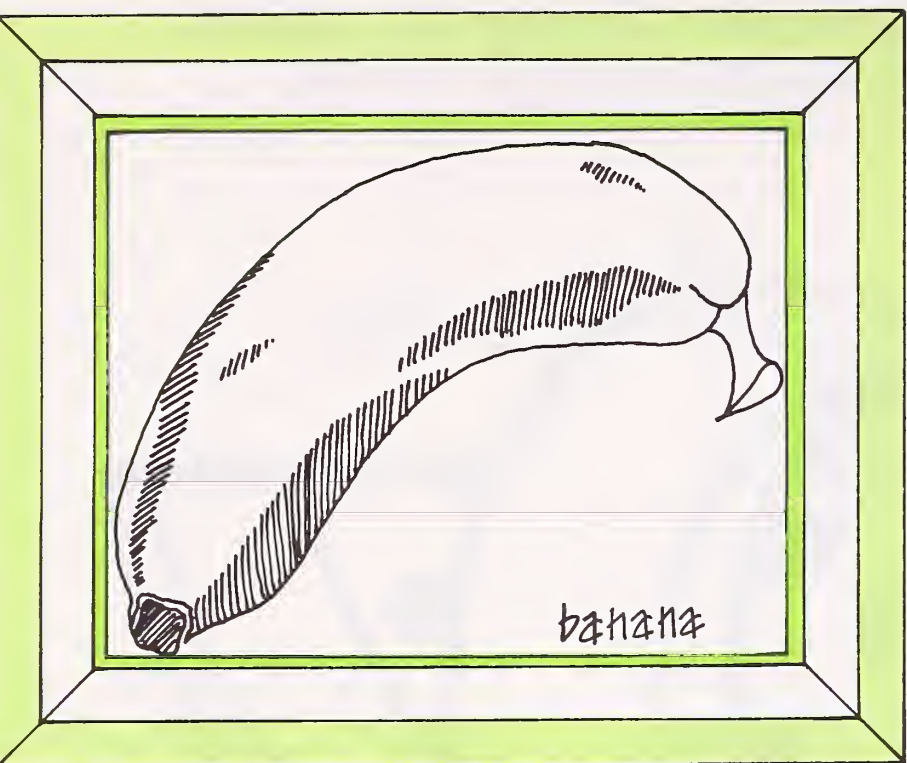


Pumpkin

Draw a line from the cow to all the foods that belong in the **Milk Group**.

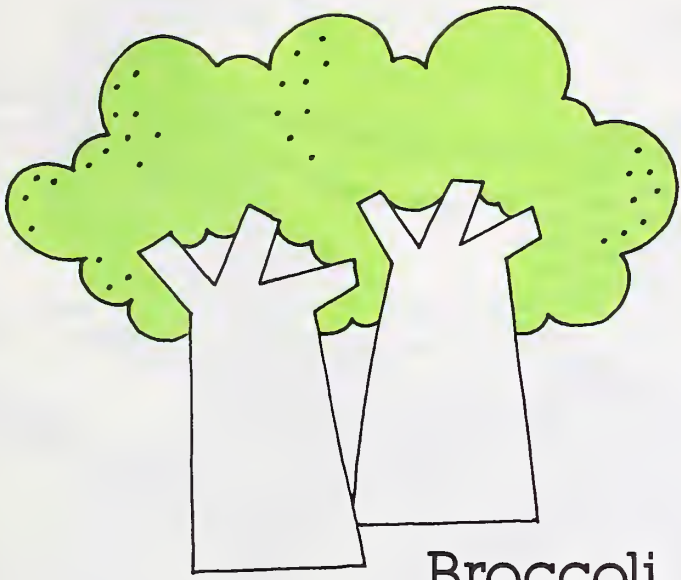
Eat foods in the **Fruit-Vegetable Group** for good eyesight, healthy skin, and healthy gums.



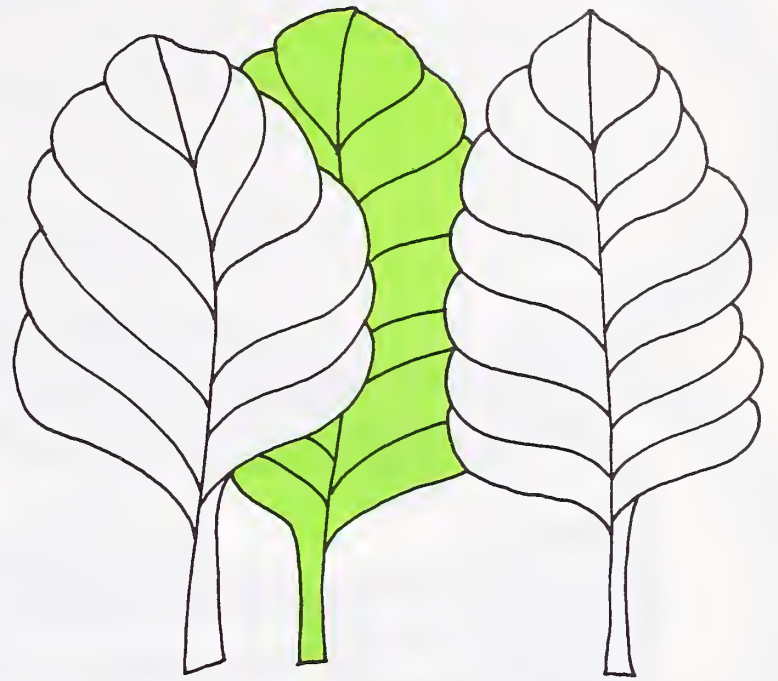


Color the pictures of foods in the
Fruit-Vegetable Group.

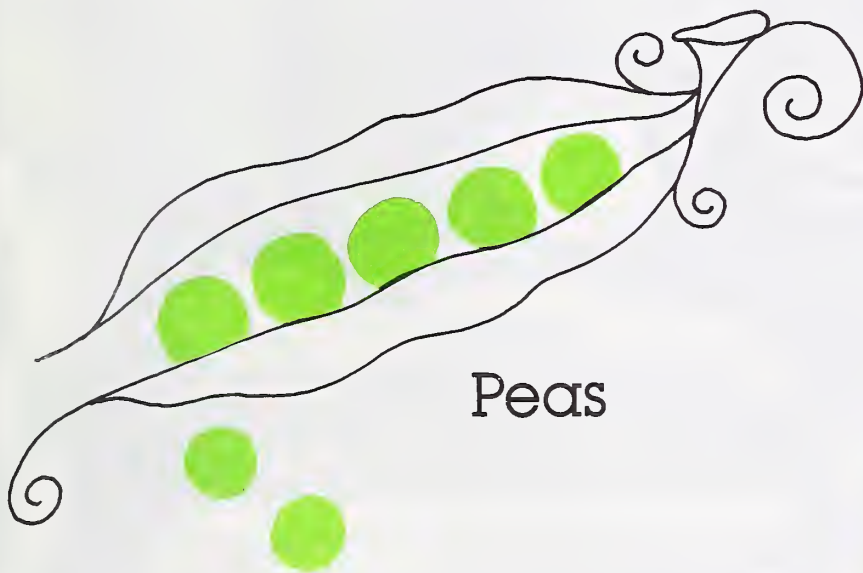
These are green vegetables.
Circle the ones you have tasted.



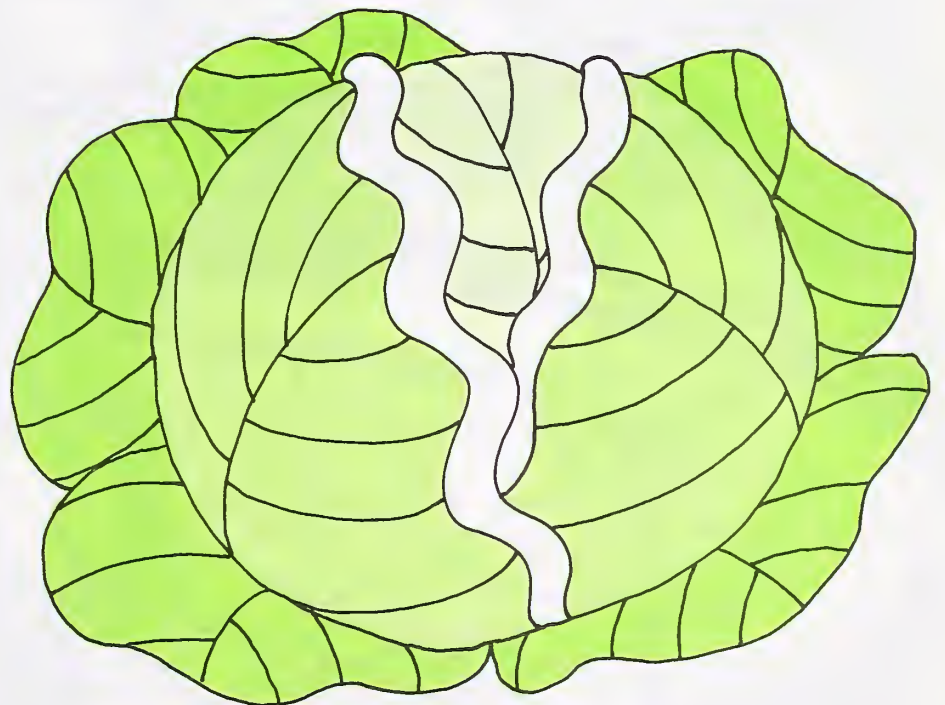
Broccoli



Spinach



Peas



Cabbage

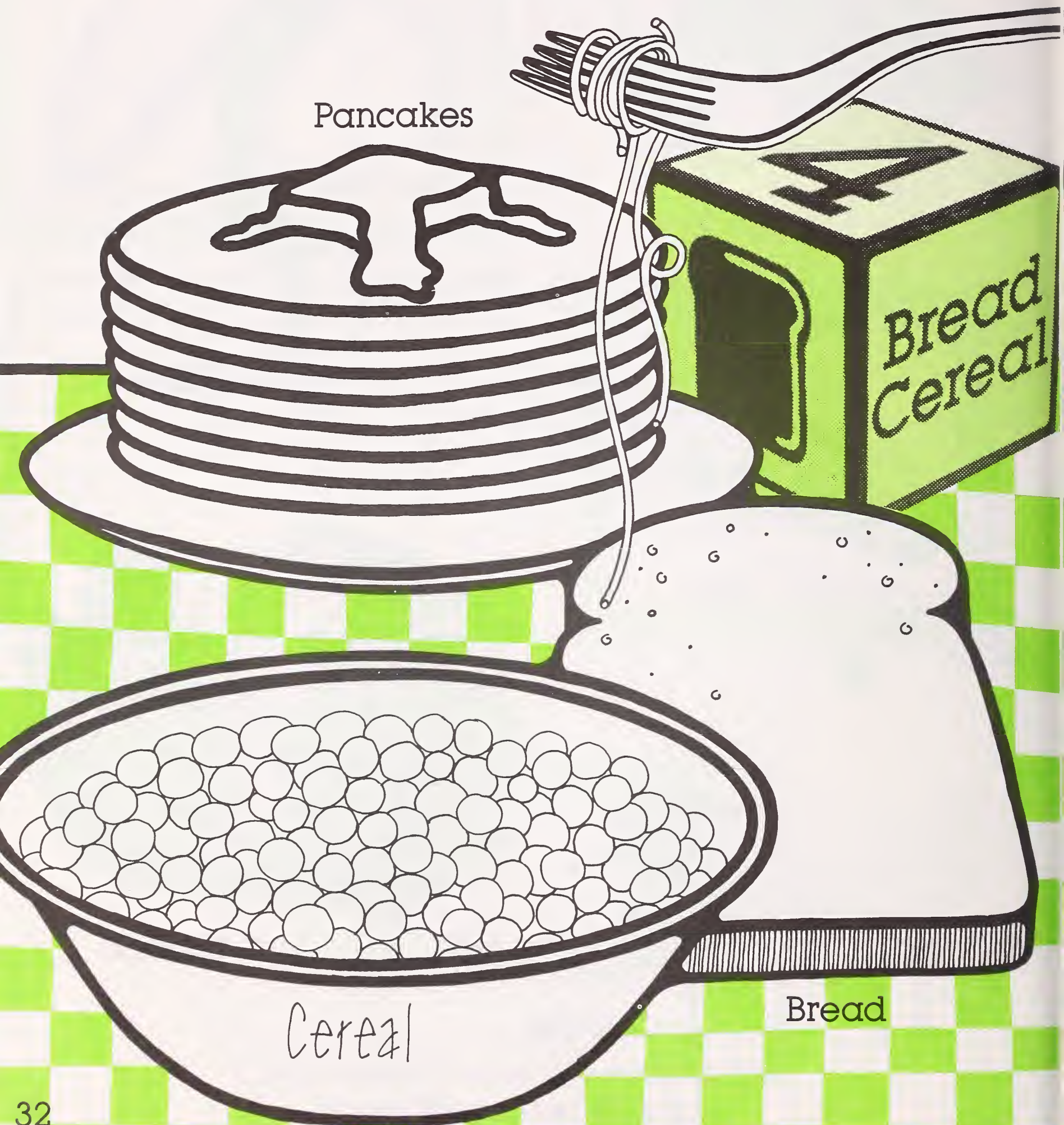


Collards

The Bread-Cereal Group gives you
go-power!

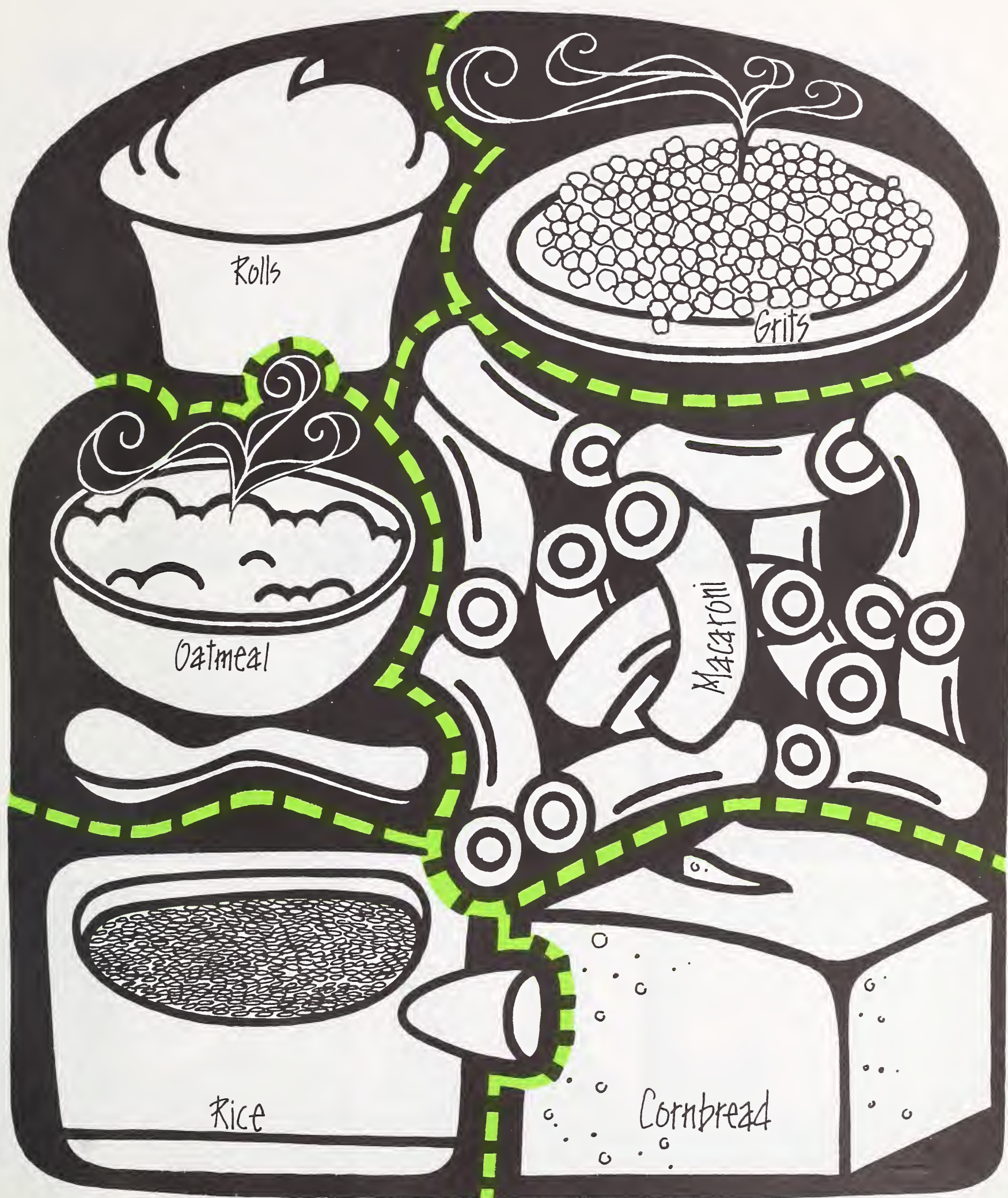
Spaghetti

Pancakes



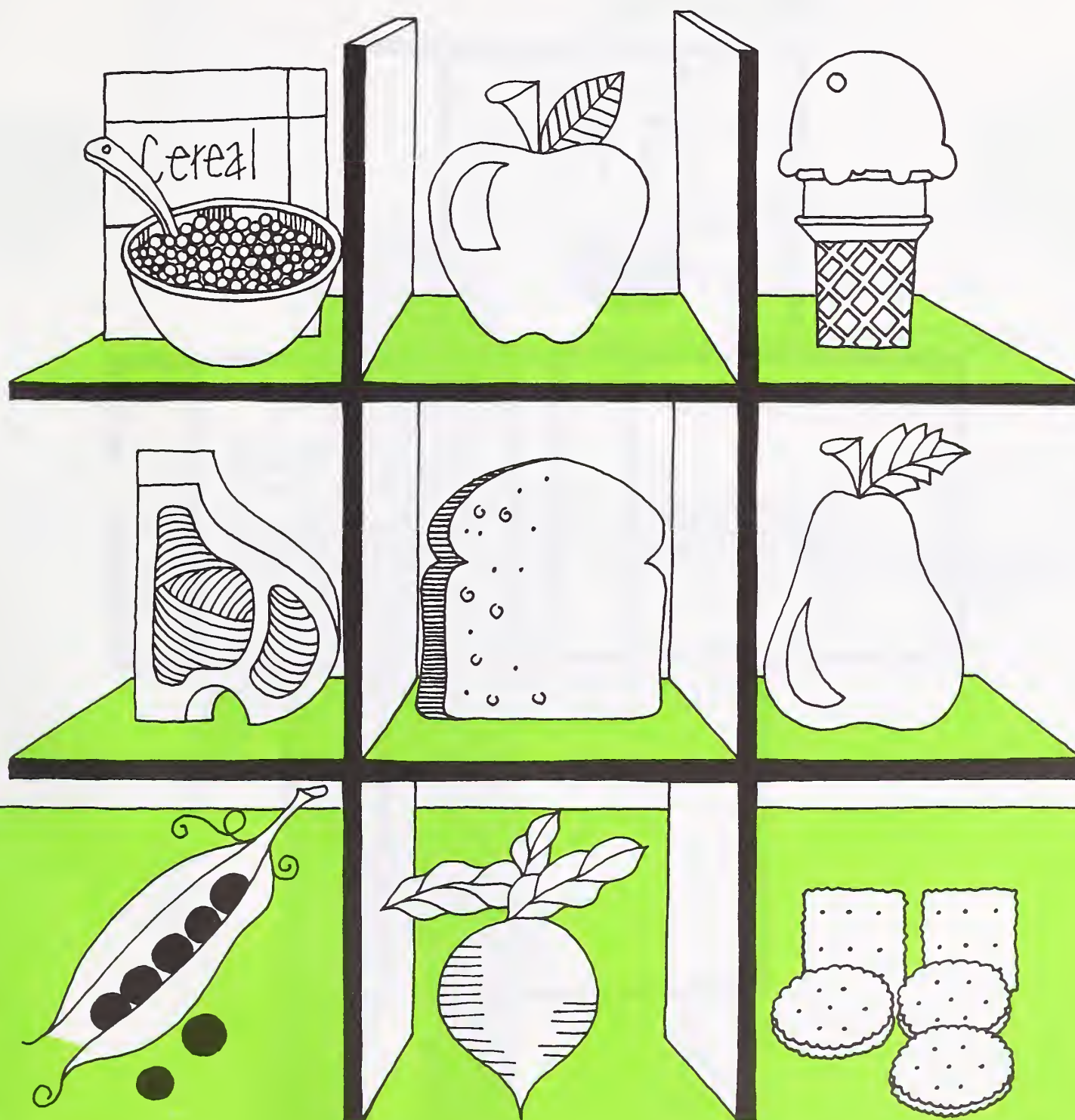
Cereal

Bread



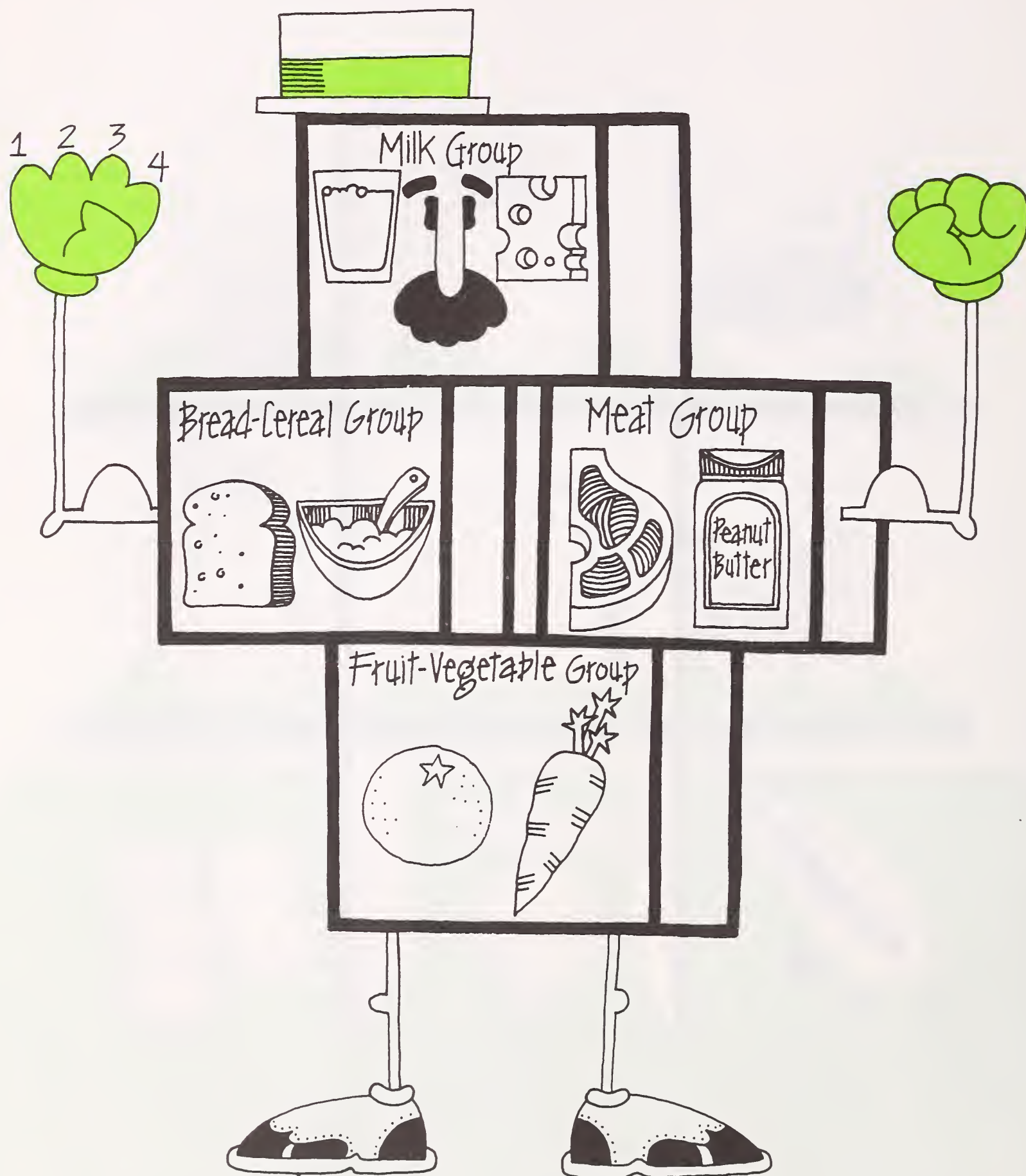
Cut out the puzzle and paste it on cardboard.
Cut out the pieces along the green dotted lines.
Now you have a puzzle to put together.

Play tic-tac-toe.
Mark an X on the foods in the **Bread-Cereal Group**.



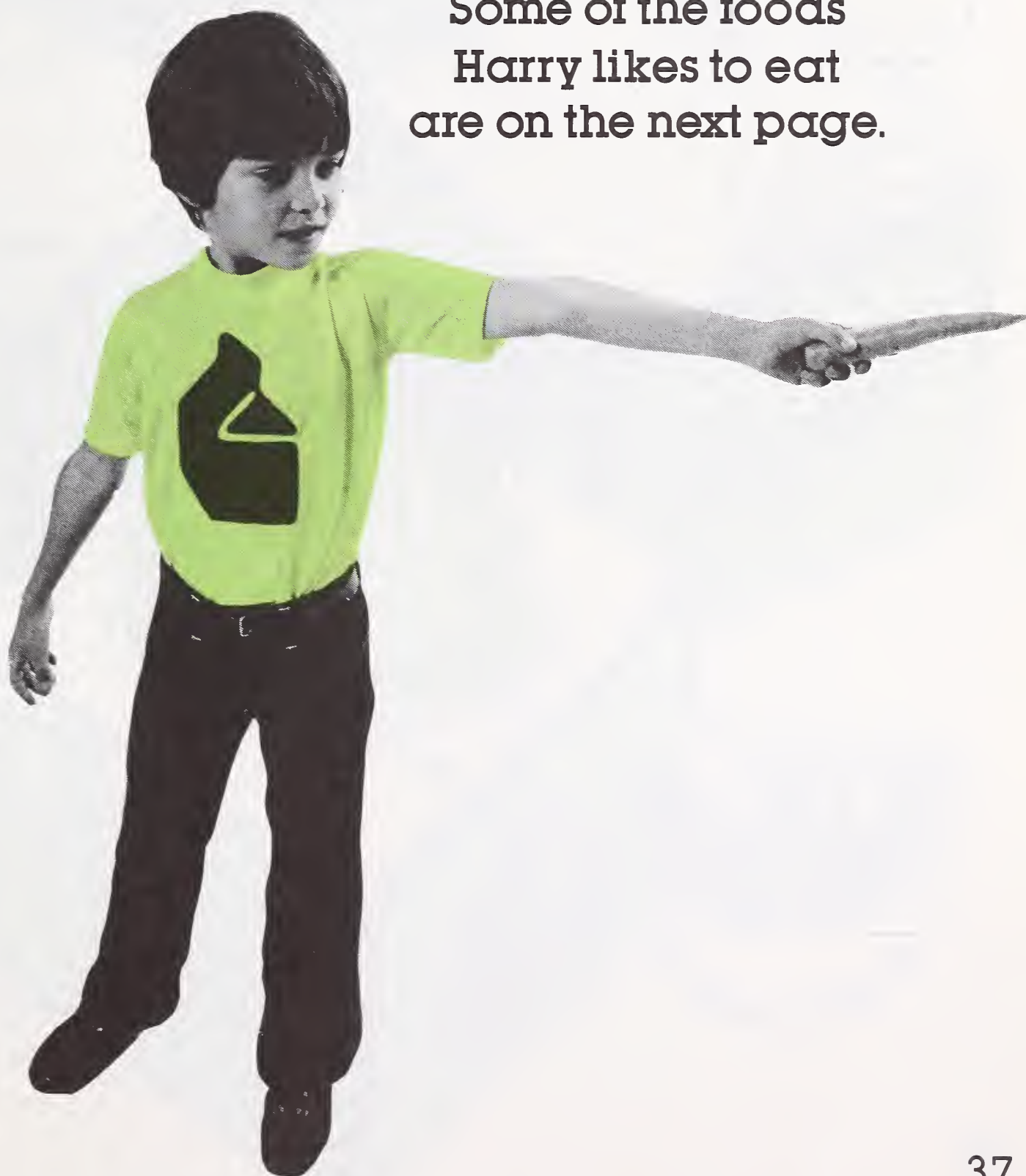
Hi! I'm Harry Healthy.

I eat foods from the four groups of good foods every day. They help me feel good and have lots of energy. Here are the foods I ate today. Help me name these foods.



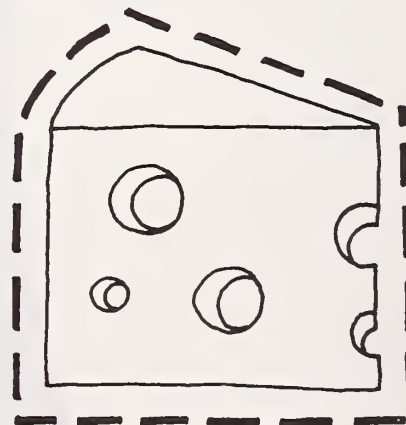
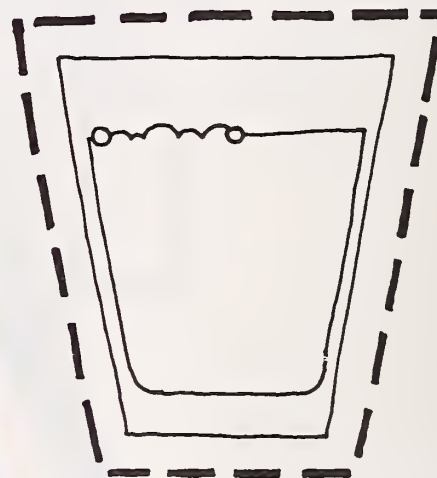
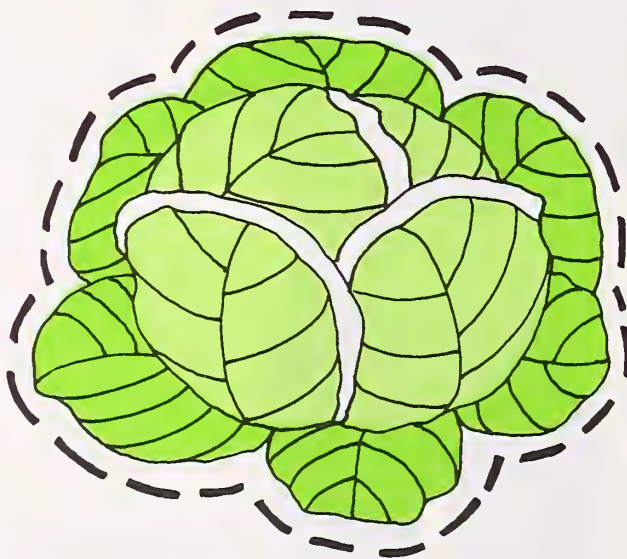
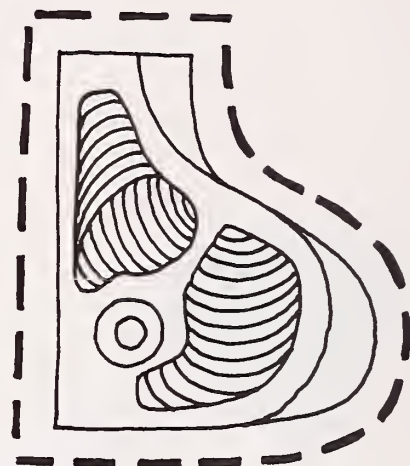
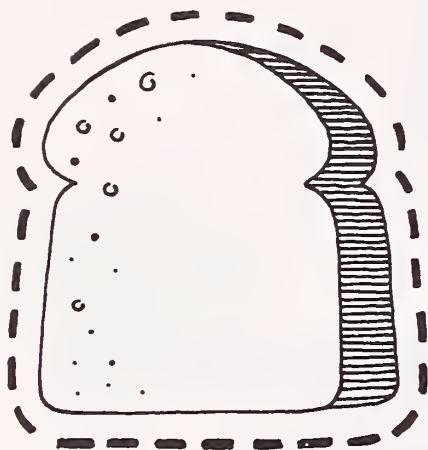
I hope you eat foods from the four groups of good foods every day, too!

Some of the foods
Harry likes to eat
are on the next page.

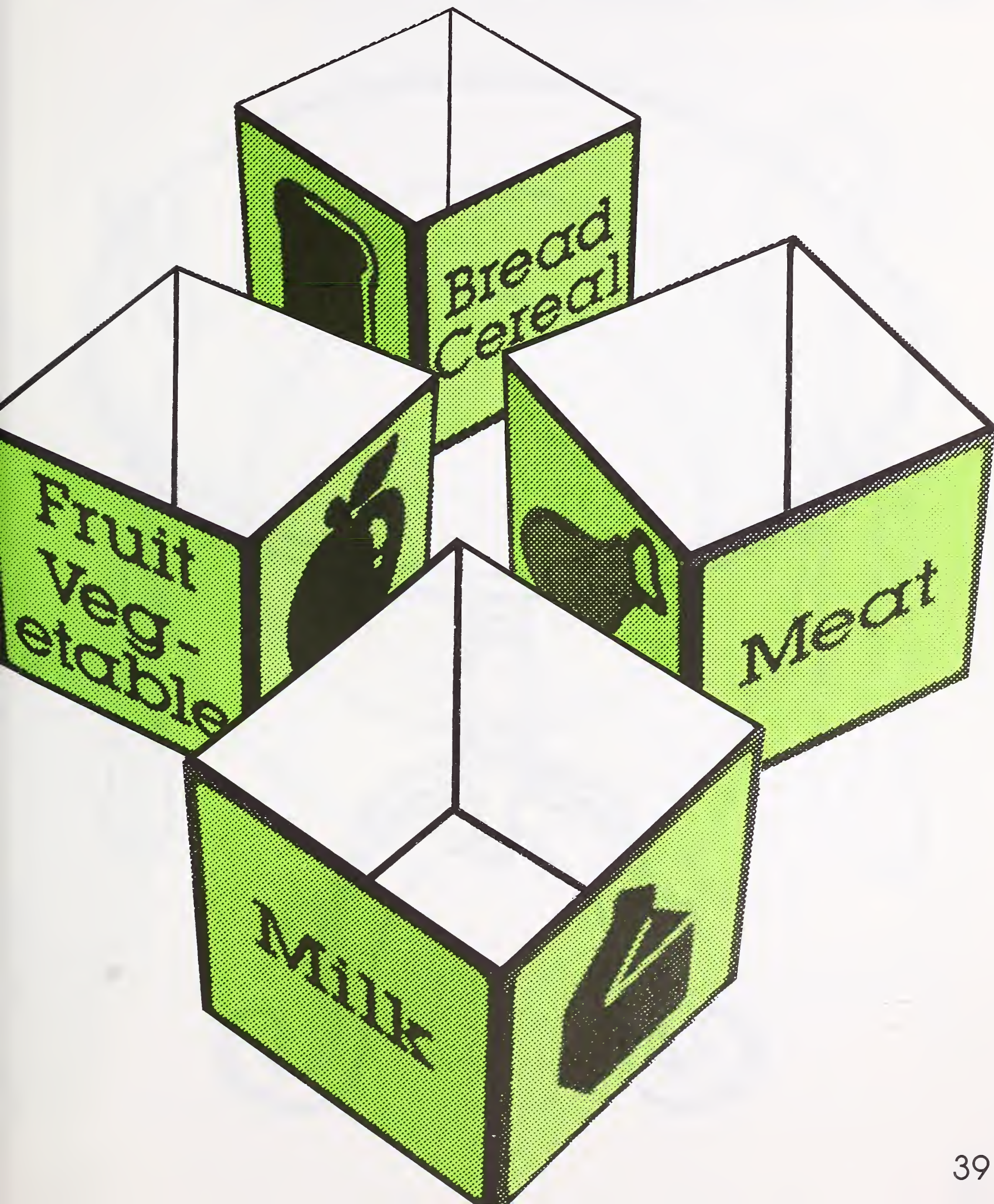


We belong to the four groups of
good foods.

Cut us out and paste us on the next
page in the groups where we belong.



Remember that you need foods from
the four groups of good foods every
day to grow strong and healthy.



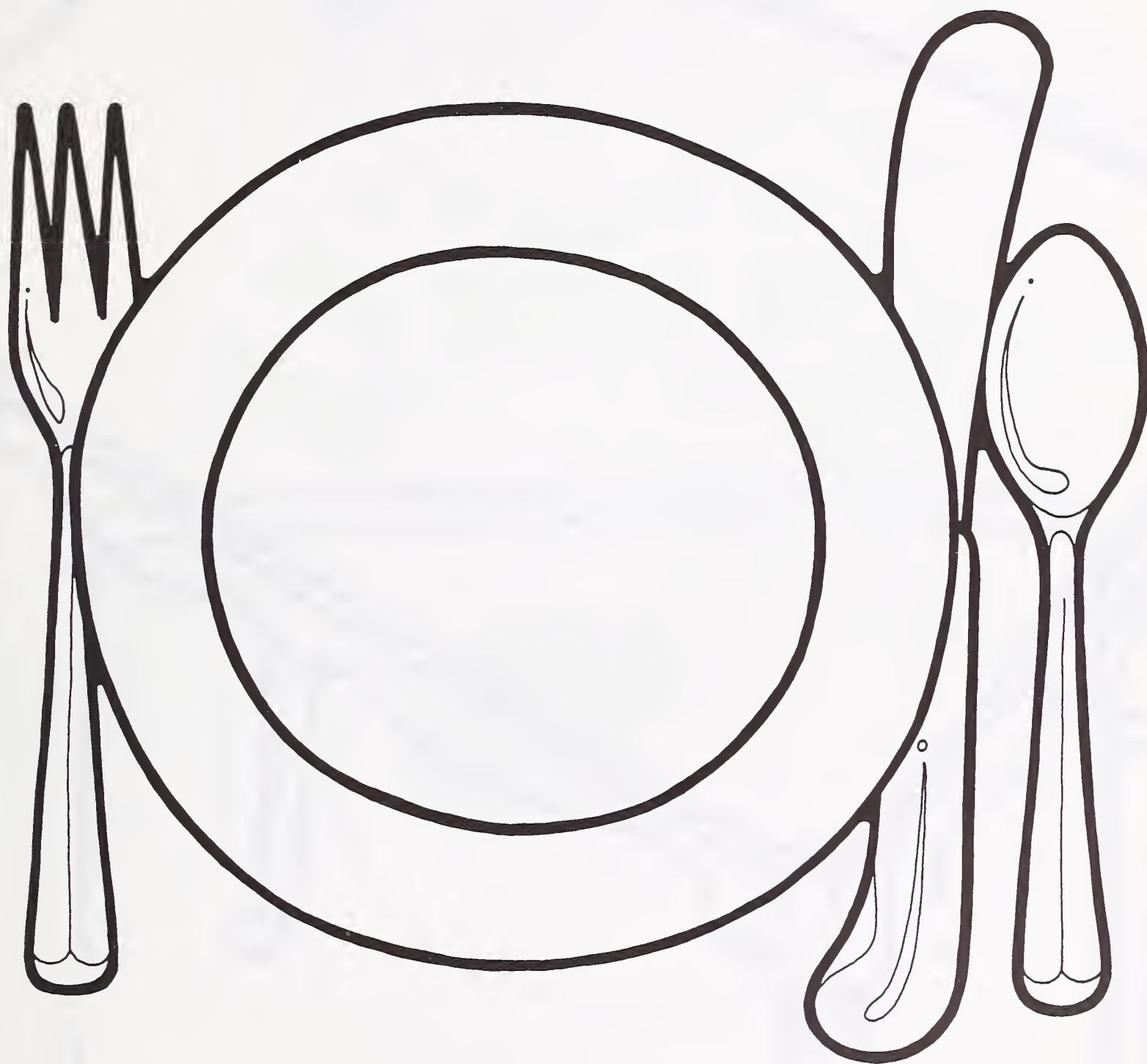
Draw and name the foods you ate for breakfast.

How many belong to the **Milk Group**? _____

How many belong to the **Bread-Cereal Group**? _____



Draw and name the foods you ate for lunch.
How many belong to the **Meat Group**? _____
How many belong to the **Fruit-Vegetable Group**? _____



Draw a good dinner that has a food
from each of the four groups of
good foods.

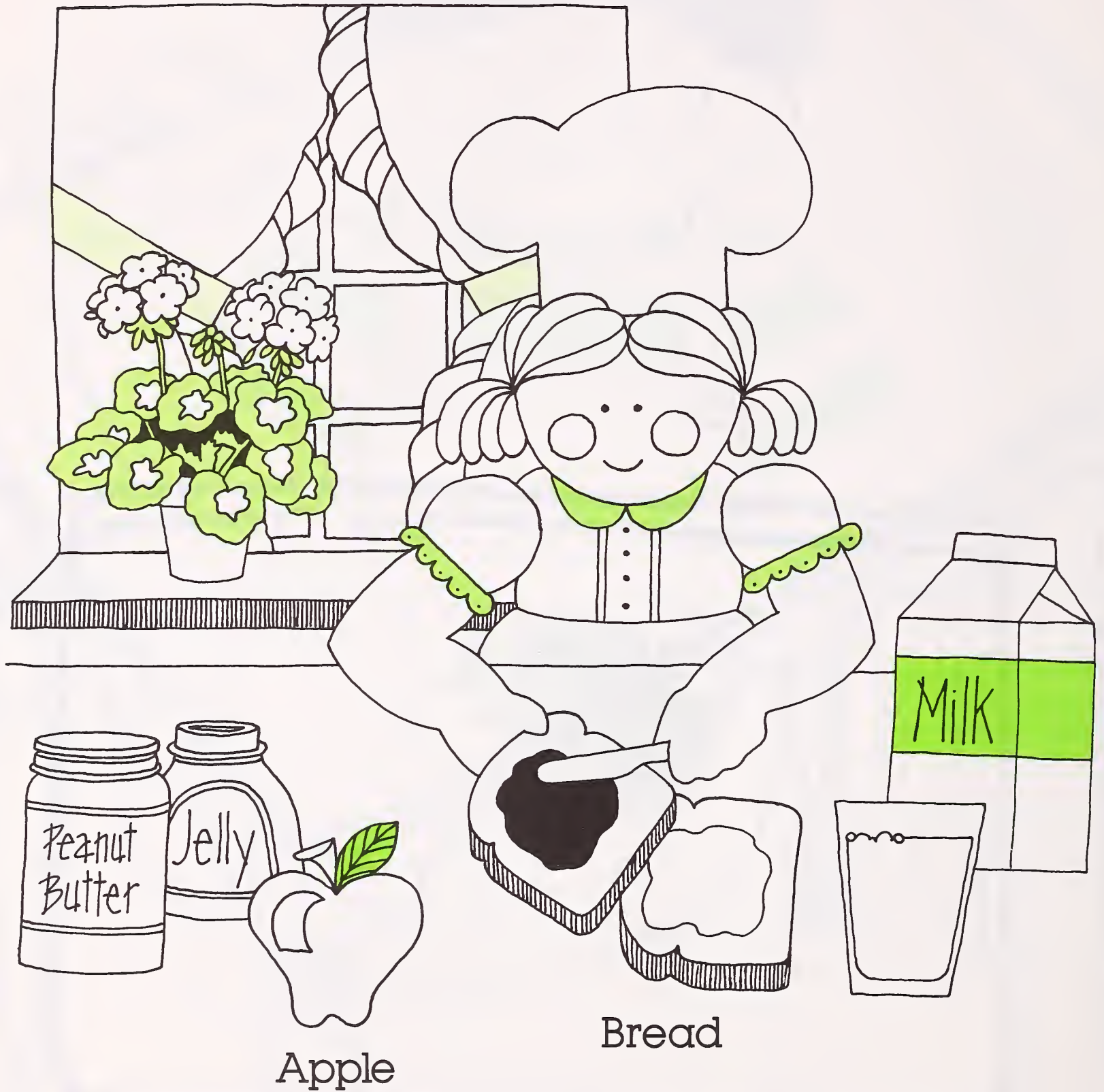




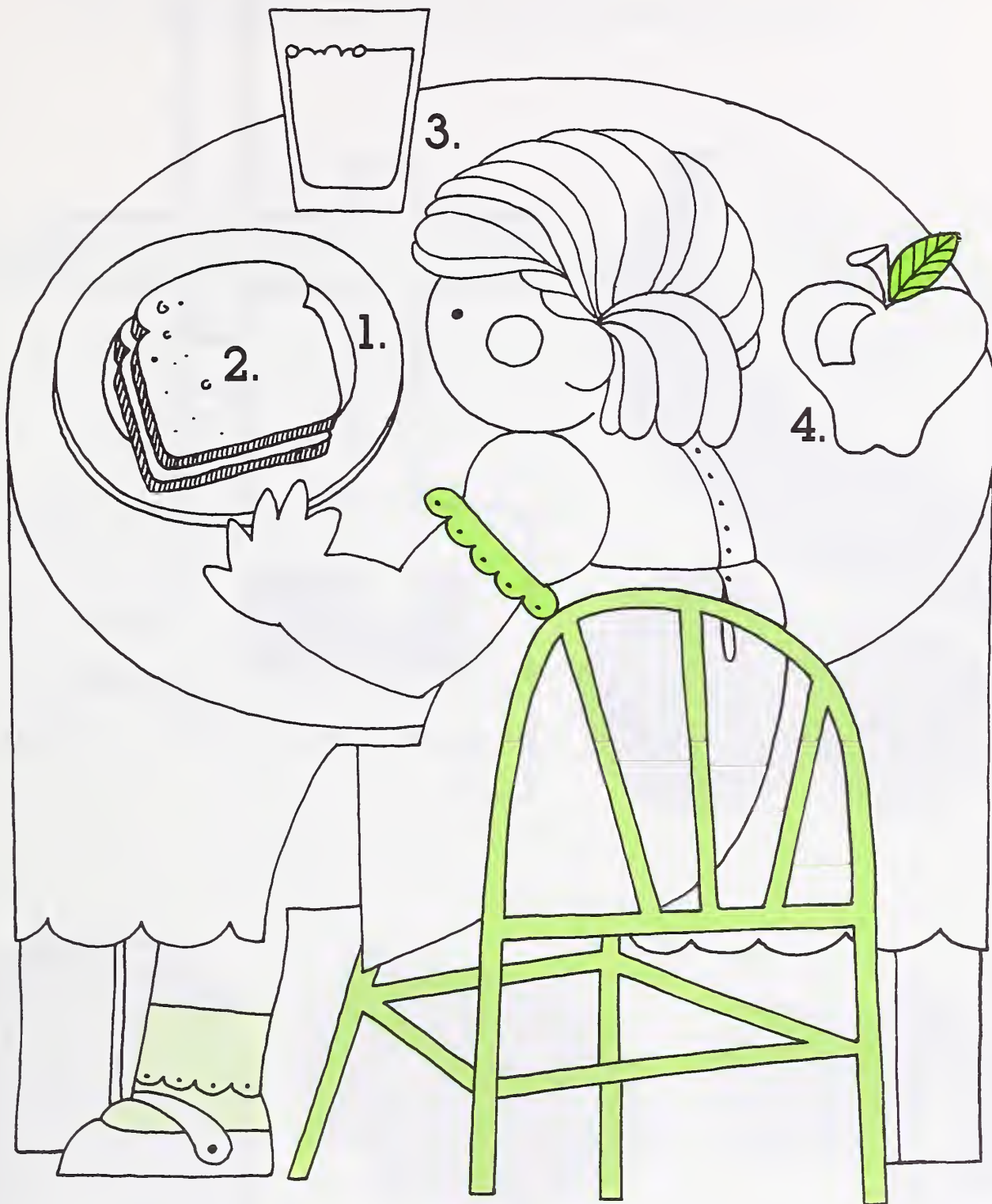
Here is a picture of Tom eating lunch
at school.
What food group is missing? _____

Draw a food from the missing group.

Make your own good lunch.
Here is what you need.



Now you are ready to eat the lunch you made.



The peanut butter sandwich belongs
to two food groups.

1. Peanut butter belongs to the **Meat Group**.
2. Bread belongs to the **Bread-Cereal Group**.

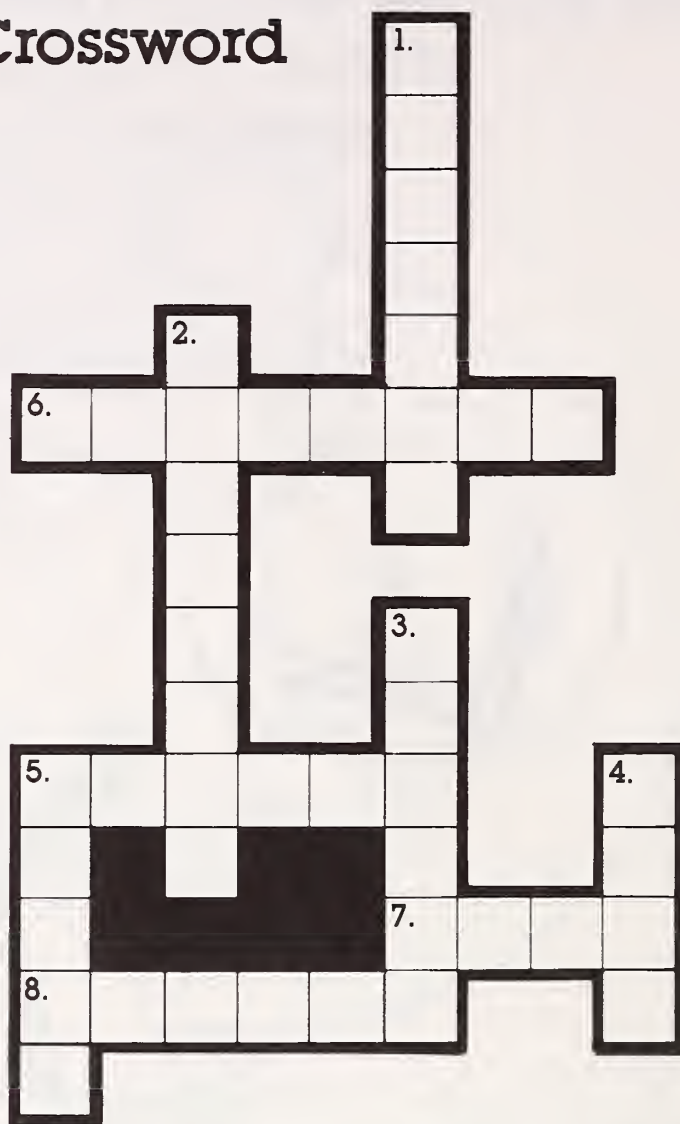
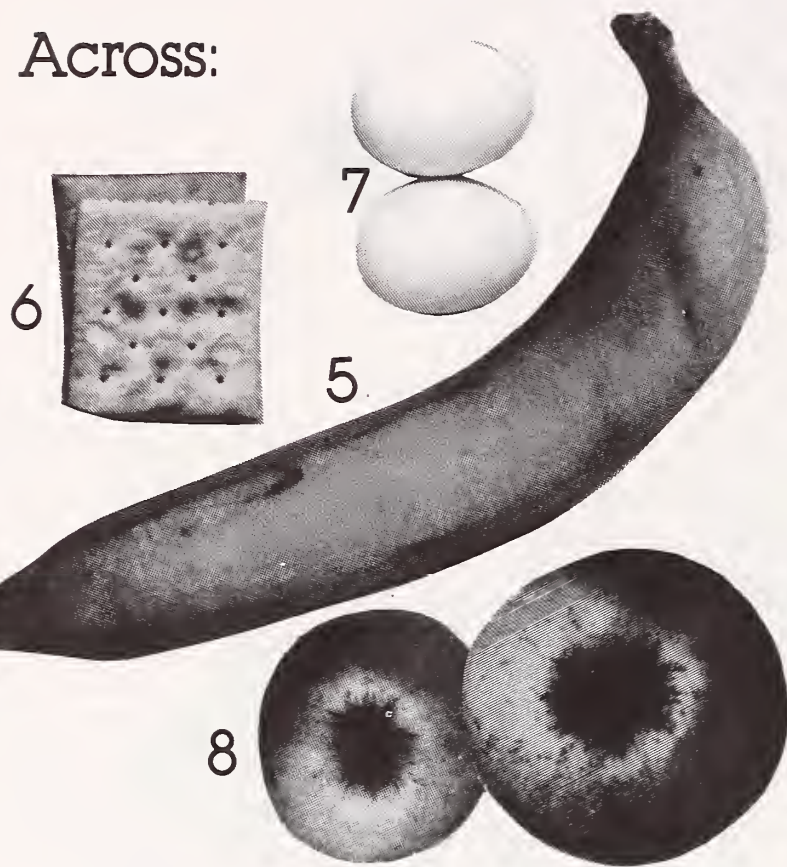
Can you name the foods belonging to
the other groups?

3. _____ belongs to the **Milk Group**.
4. _____ belongs to the **Fruit-**

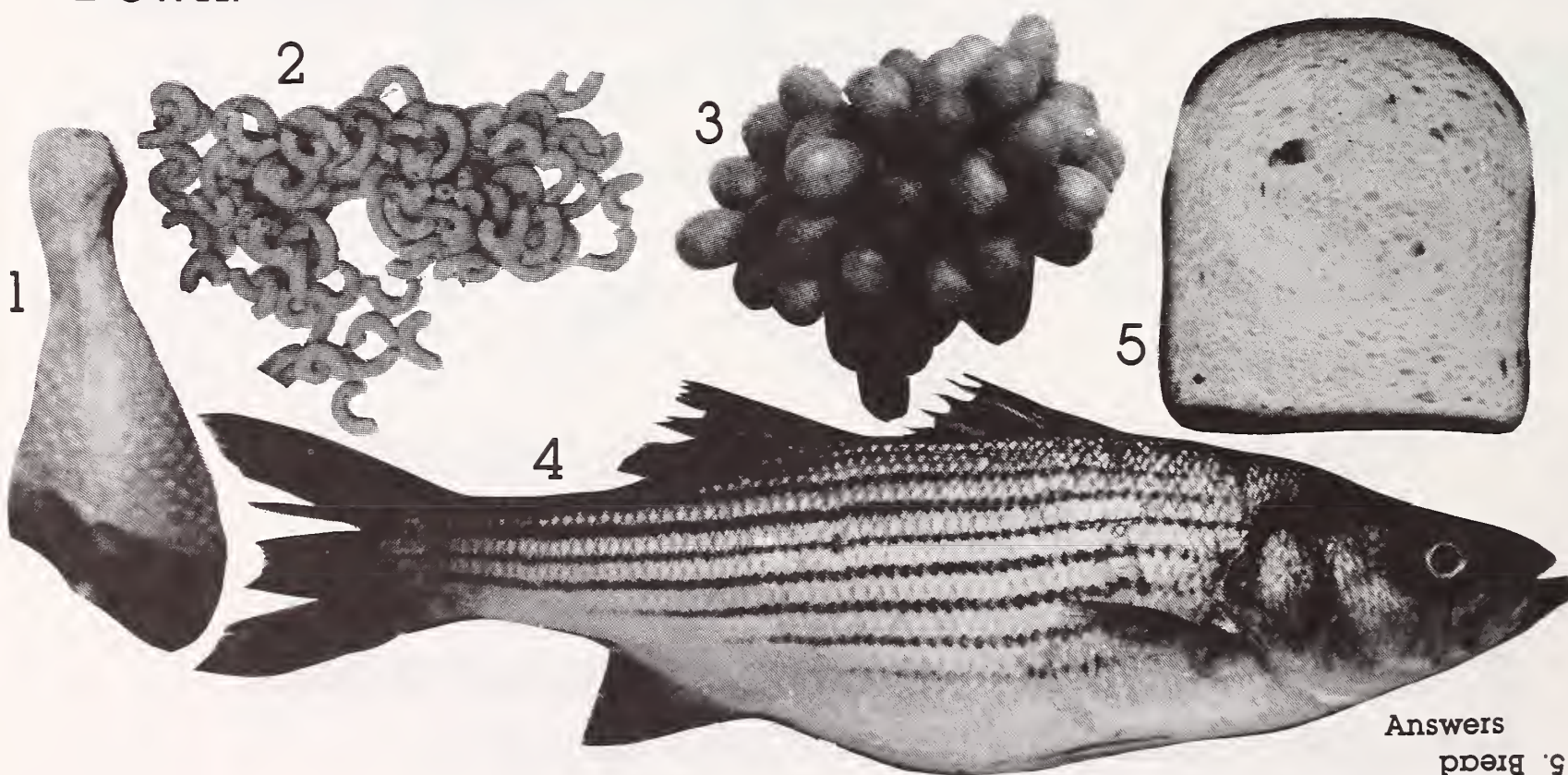
Vegetable Group.

Food Crossword

Across:



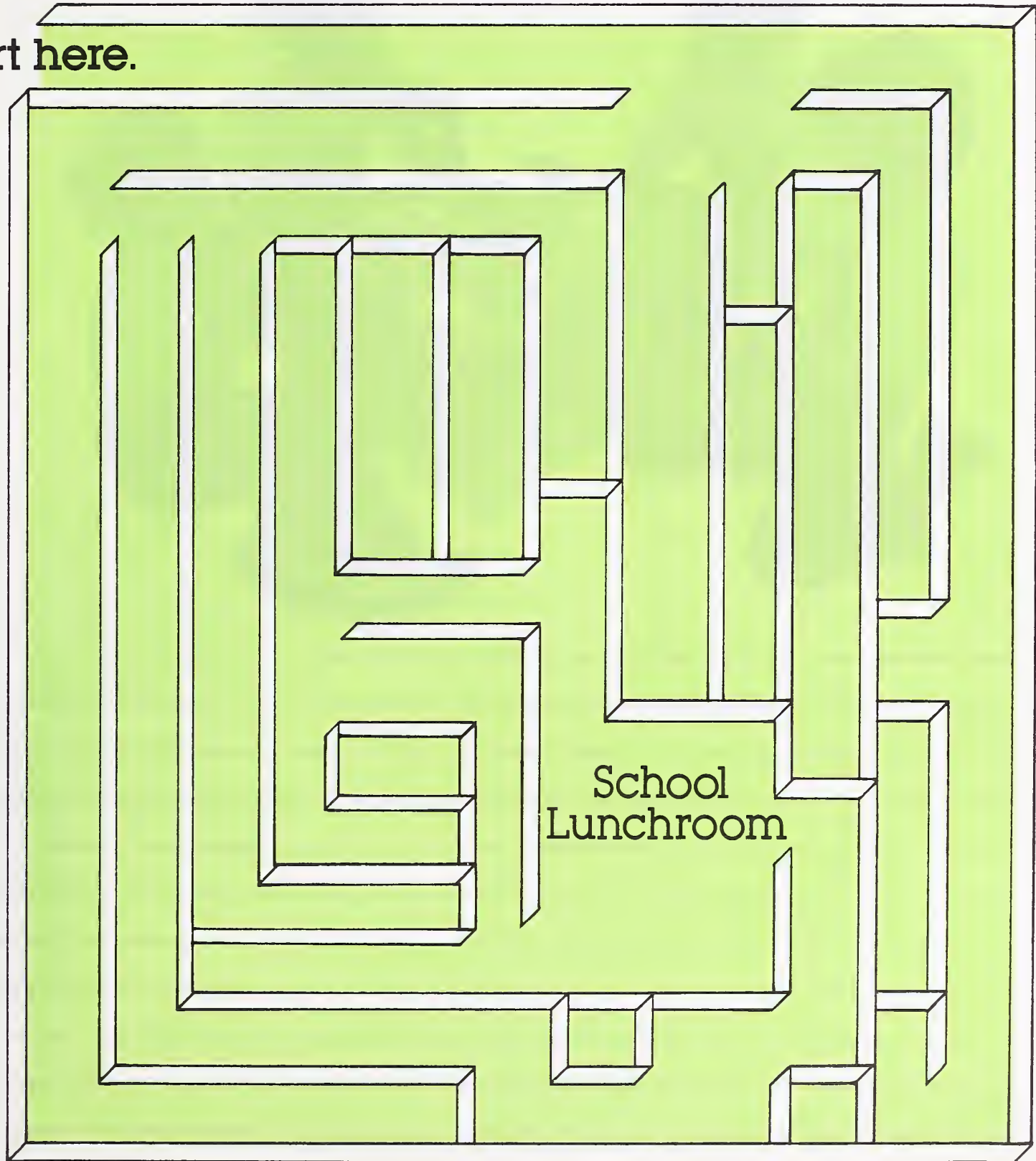
Down:



- Answers
- Down: 1. Chicken
2. Macaroni
3. Grapes
4. Fish
5. Bread
- Across: 5. Banana
6. Crackers
7. Eggs
8. Apples

Help hungry Henry and Helen find their way to the school lunchroom.

Start here.



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.





What We Eat Good Food

